

Feelings
Psalm 31

REST
DESPITE
CULTURE



What I Know About Feelings...

1. Feelings are God-given things.
2. Feelings are wonderful things.
3. Feelings are terrible things.
4. Feelings are unpredictable things.



What People Do With Their Feelings...

1. Follow Them.
2. Fake Them.
3. Forget Them.
4. Funnel Them.

What David Feels...

Psalm 31:9-13

- Grief (v. 9).
- Guilt (v. 10).
- Forsaken (v. 11).
- Forgotten (v. 12).
- Hopeless (v. 13).

Psalm 31:1-8

What David Knows...

- God can save me (v. 1-4).
- God will sustain me (v. 5-6).
- God always loves me (v. 7-8).

Psalm 31:15-22

What David Believes...

- God is sovereign (v. 15).
- God is loving (v. 16).
- God is just (v. 17-18).
- God is good (v. 19-20).
- God is merciful (v. 21-22).

Psalm 31:14 & 23-24

What David Decides...

- I will trust God (v. 14).
- I will love God (v. 23).
- I will be strong in God (v. 24).

What about you? What will you decide to do with your feelings?