

EMOTIONS IN THE PSALMS

“One of the reasons the Psalms are deeply loved by so many Christians is that they **give expression** to an amazing array of emotions:

1. Loneliness: “I am *lonely* and afflicted” (Psalms 25:16).
2. Love: “I *love* you, O Lord, my strength” (Psalms 18:1).
3. Awe: “Let all the inhabitants of the world stand in *awe* of him” (Psalms 33:8).
4. Sorrow: “My life is spent with *sorrow*” (Psalms 31:10).
5. Regret: “I am *sorry* for my sin” (Psalms 38:18).
6. Contrition: “A broken and *contrite* heart, O God, you will not despise” (Psalms 51:17).
7. Discouragement and turmoil: “Why are you *cast down*, O my soul, and why are you *in turmoil* within me” (Psalms 42:5)?
8. Shame: “*Shame* has covered my face” (Psalms 44:15).
9. Exultation: “In your salvation how greatly he *exults*” (Psalms 21:1).
10. Marveling: “This is the Lord’s doing; it is *marvelous* in our eyes” (Psalms 118:23).
11. Delight: “His *delight* is in the law of the Lord” (Psalms 1:2).
12. Joy: “You have put more *joy* in my heart than they have when their grain and wine abound” (Psalms 4:7).
13. Gladness: “I will *be glad* and exult in you” (Psalms 9:2).
14. Fear: “Serve the Lord with *fear*” (Psalms 2:11).
15. Anger: “Be *angry*, and do not sin” (Psalms 4:4).
16. Peace: “In *peace* I will both lie down and sleep” (Psalms 4:8).
17. Grief: “My eye wastes away because of *grief*” (Psalms 6:7).
18. Desire: “O Lord, you hear the *desire* of the afflicted” (Psalms 10:17).
19. Hope: “Let your steadfast love, O Lord, be upon us, even as we *hope* in you” (Psalms 33:22).
20. Broken heartedness: “The Lord is near to the *brokenhearted* and saves the crushed in spirit” (Psalms 34:18).
21. Gratitude: “I will *thank* you in the great congregation” (Psalms 35:18).
22. Zeal: “*Zeal* for your house has consumed me” (Psalms 69:9).
23. Pain: “I am afflicted and in *pain*” (Psalms 69:29).
24. Confidence: “Though war arises against me, yet I will be *confident*” (Psalms 27:3).

More explicitly than all the other books in the Bible, the Psalms are designed to **awaken and shape** our **emotions** in line with the instruction they give.