

MANAGING OUR EMOTIONS

A STUDY OF THE PSALMS

Session 1 | Joy: A Time to Dance

Lesson Text: Psalm 33:1–22

Session 2 | Abandonment: When You Feel Alone

Lesson Text: Psalm 22:1–31

Session 3 | Fear: When You're Scared Senseless

Lesson Text: Psalm 55:1–23

Session 4 | Gratitude: More than Just an Attitude

Lesson Text: Psalm 136:1–26

Session 5 | Anger: When Your Back is Against the Wall

Lesson Text: Psalm 79:1–13

Session 6 | Contentment: When Your Soul Is at Rest

Lesson Text: Psalm 62:1–12

Session 7 | Depression: When Darkness Is Your Closest Friend

Lesson Text: Psalm 88:1–18

Session 8 | Disappointment: When Your Dreams Die

Lesson Text: Psalm 107:1–43

Session 9 | Uncertainty: When You're Not Sure of Your Next Move

Lesson Text: Psalm 19:1–14

**Session 10 | Restlessness: When You Still Haven't Found What You're
Looking For**

Lesson Text: Psalm 42:1–11

Session 11 | Outrage: When Your Heart Is Filled with Revenge

Lesson Text: Psalm 137:1–9

Session 12 | Praise: Find Joy in the Seasons of the Soul

Lesson Text: Psalm 150:1–6

*Each session may extend longer than one week.