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## G. ADDRESSING EMOTIONAL NEEDS

### G.9: I am covered with Sadness

#### [Philippians 4:4, Psalm 31:9-13 ]

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#### **A STORY**

I AM WEIGHED DOWN WITH SADNESS. Philippians 4:4 “CONSUMED BY ANGUISH...”

In the Bible, the stories of David the King of Israel express some deeply felt emotions. David felt great loss and sadness because of the loss of family, children and close friends. He expresses his sadness as anguish and grief. Is there a solution to this kind of feeling that seems to overwhelm? Let’s look at some passages in the Bible that give us a glimpse of the depth of pain and some possible solutions. Let’s look at Psalm 31:9-13

#### **DIGGING INTO THE BIBLE**

**Psalm 31:9-13(NIV):**

*Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. <sup>10</sup> My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. <sup>11</sup> Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. <sup>12</sup> I am forgotten as though I were dead; I have become like broken pottery. <sup>13</sup> For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.*

**Philippians 4:4 :**

*Rejoice in the Lord always and again I say rejoice.*

#### **DISCUSSION AND DISCOVERY**

1. What feelings can you relate to in this passage?
2. What losses did the psalmist experience?
3. Describe the feelings of anguish.
4. What do you do when you feel this way?
5. What solutions can you think of?
6. What does it feel like to be rejected?

## **DIGGING INTO THE BIBLE (Part 2)**

### **Psalm 31:14-20 (NIV):**

*But I trust in you, Lord; I say, "You are my God." <sup>15</sup> My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. <sup>16</sup> Let your face shine on your servant; save me in your unfailing love. <sup>17</sup> Let me not be put to shame, Lord, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. <sup>18</sup> Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. <sup>19</sup> How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. <sup>20</sup> In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.*

### **DISCUSSION AND DISCOVERY**

1. What new discoveries did David make on his way to the solution from sadness and anguish?
2. What were his prayers?

### **APPLICATION AND ACCOUNTABILITY**

3. What were the key truths that he built into his thinking?
4. What steps can you take to deal with the sadness in your soul?
5. What key statements in this Psalm help you?
6. When will you memorize these key statements and let them fill your heart?
7. What can we do when new sad things come our way?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: