

HOW TO FEEL

Emotions in the Book of Psalms



JUNE 21, 2026

TOP FEARS OF AMERICANS

1

SNAKES

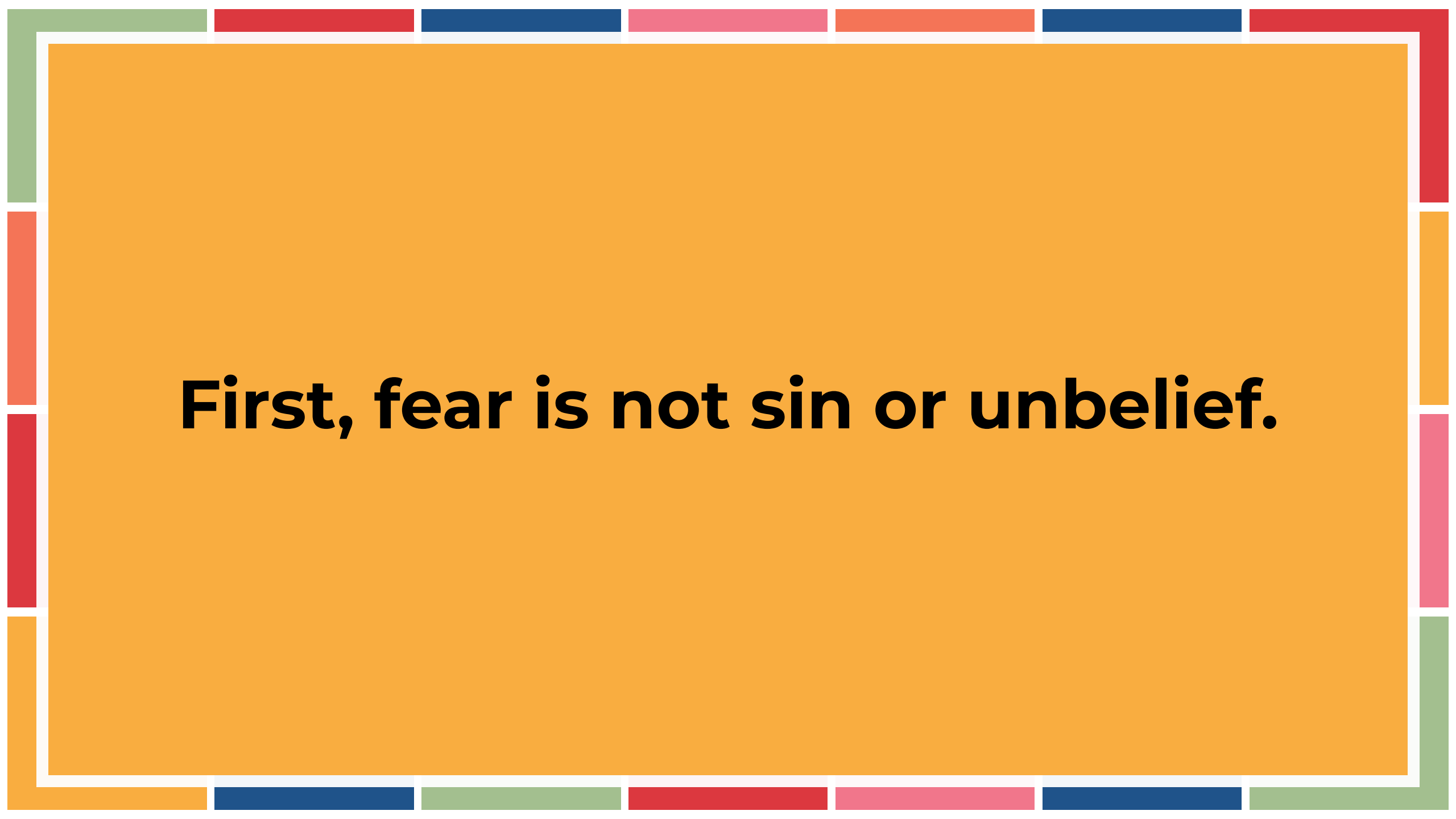
51%

2

PUBLIC SPEAKING

40%

Source: Gallup Poll, 1,016 National Adults (Conducted Feb 19-21, 2001)

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First, fear is not sin or unbelief.

FAITH VS. FEAR

What does the Bible say?

"...fear, simply stated, is unbelief or weak belief.

As unbelief gains the upper hand in our thoughts, fear takes hold of our emotions."

Source: GotQuestions.org, "Faith vs. fear - what does the Bible say?"

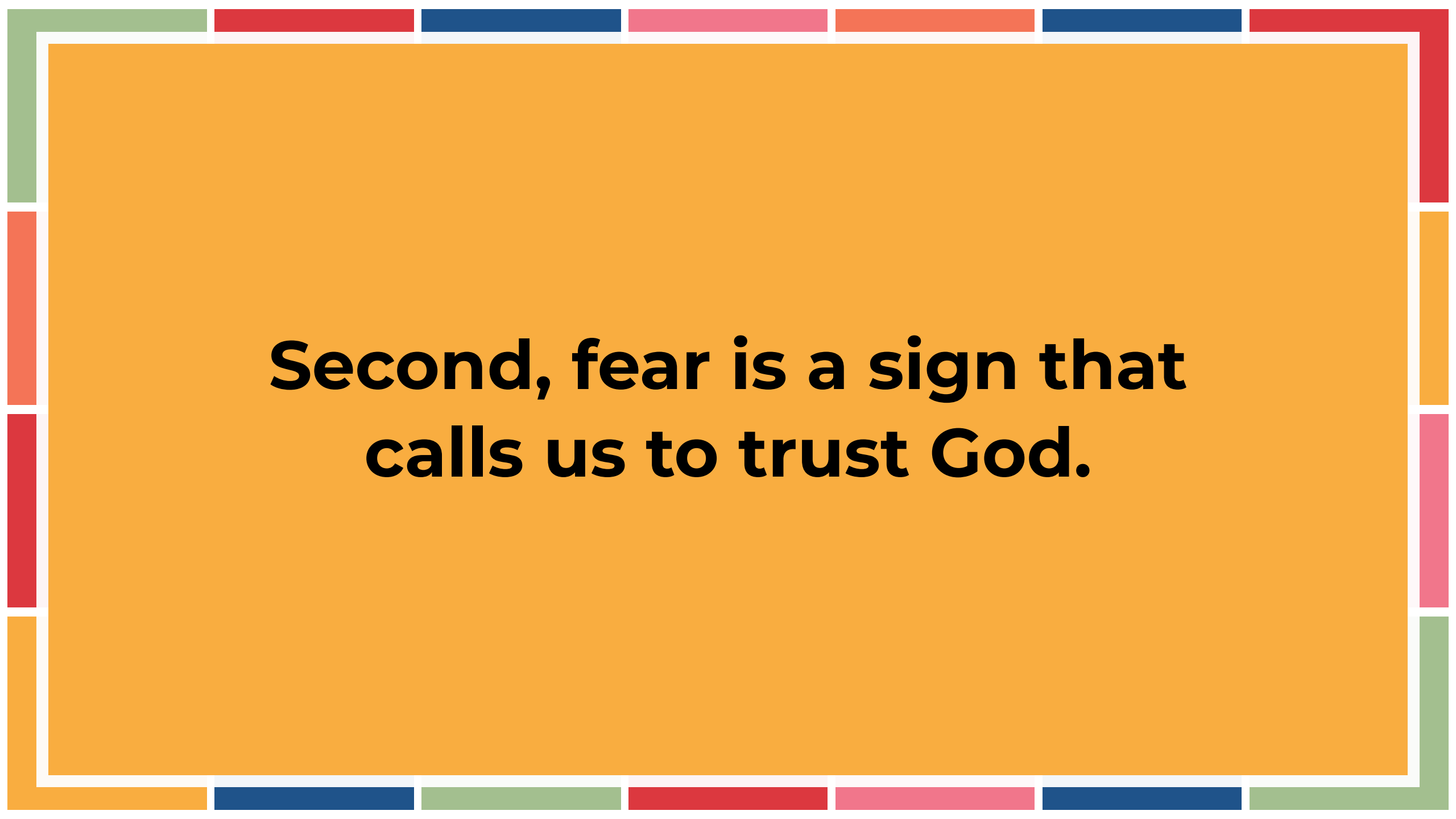
And he said, “I heard the sound of you
in the garden, and I was afraid, because
I was naked, and I hid myself.”

Genesis 3:10

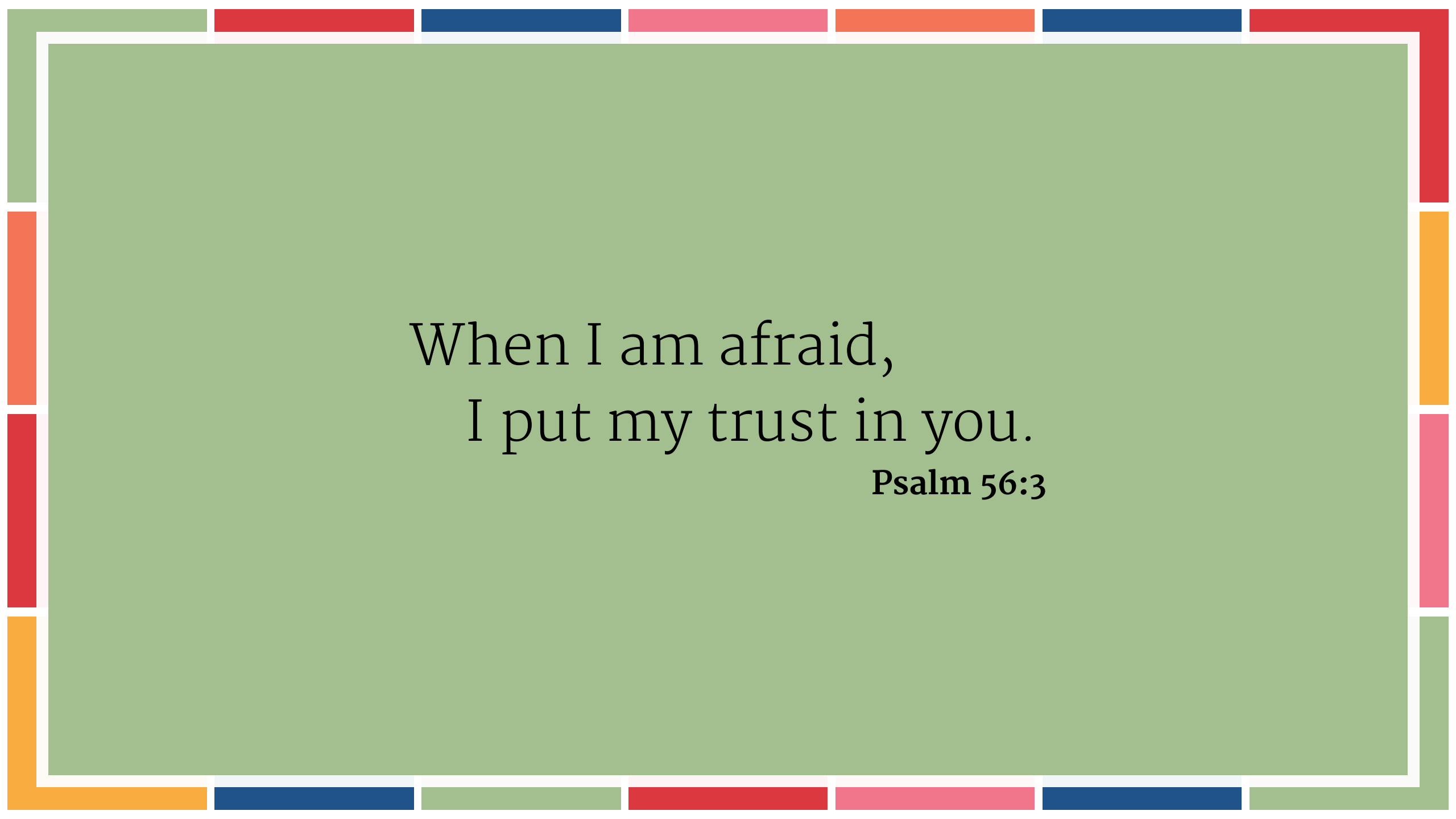
NEUROSCIENCE

**Neuroscience tells us that fear
is connected to survival.**

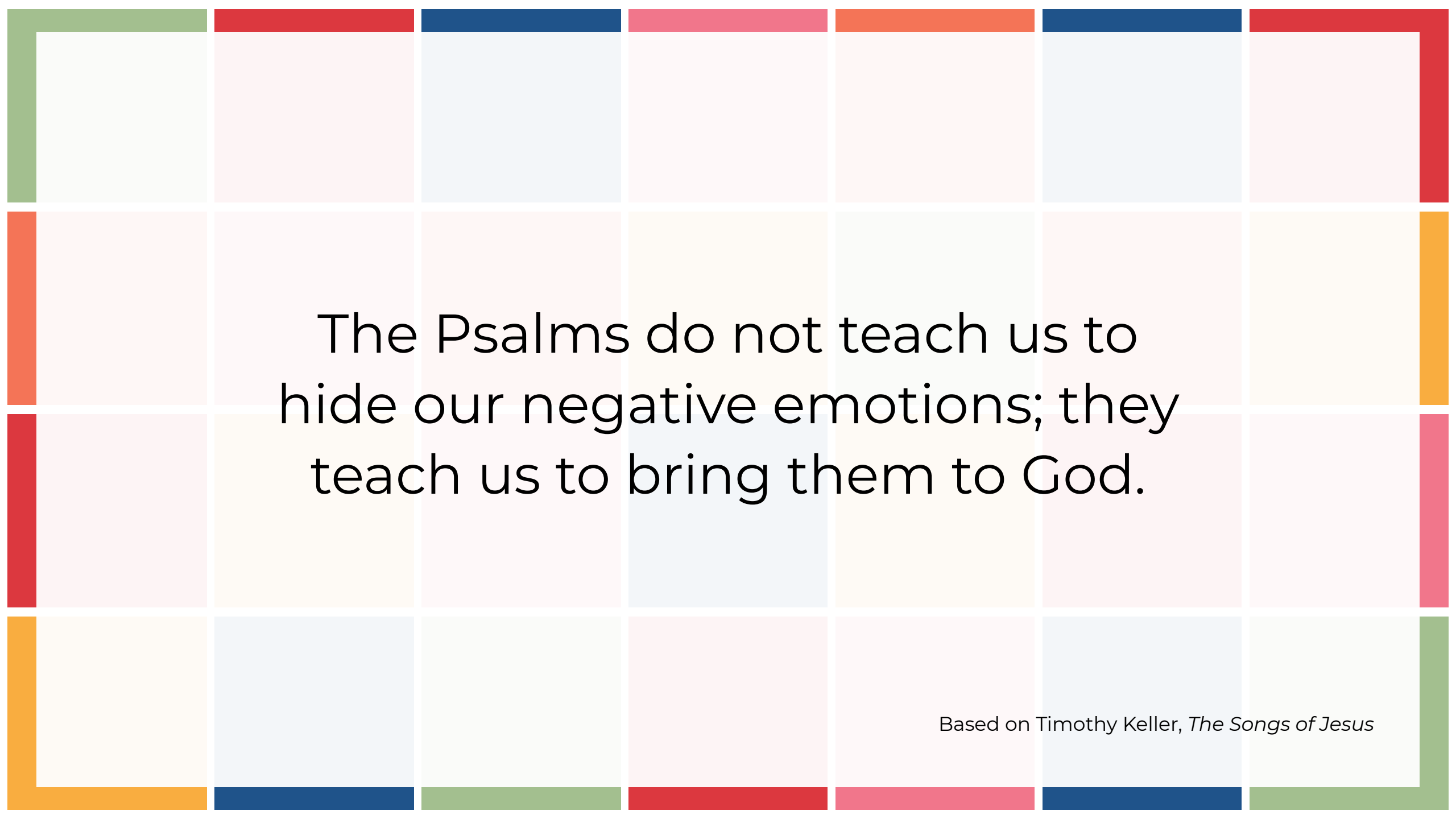
When the brain senses danger, it
sends a signal. That signal is fear.

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**Second, fear is a sign that
calls us to trust God.**

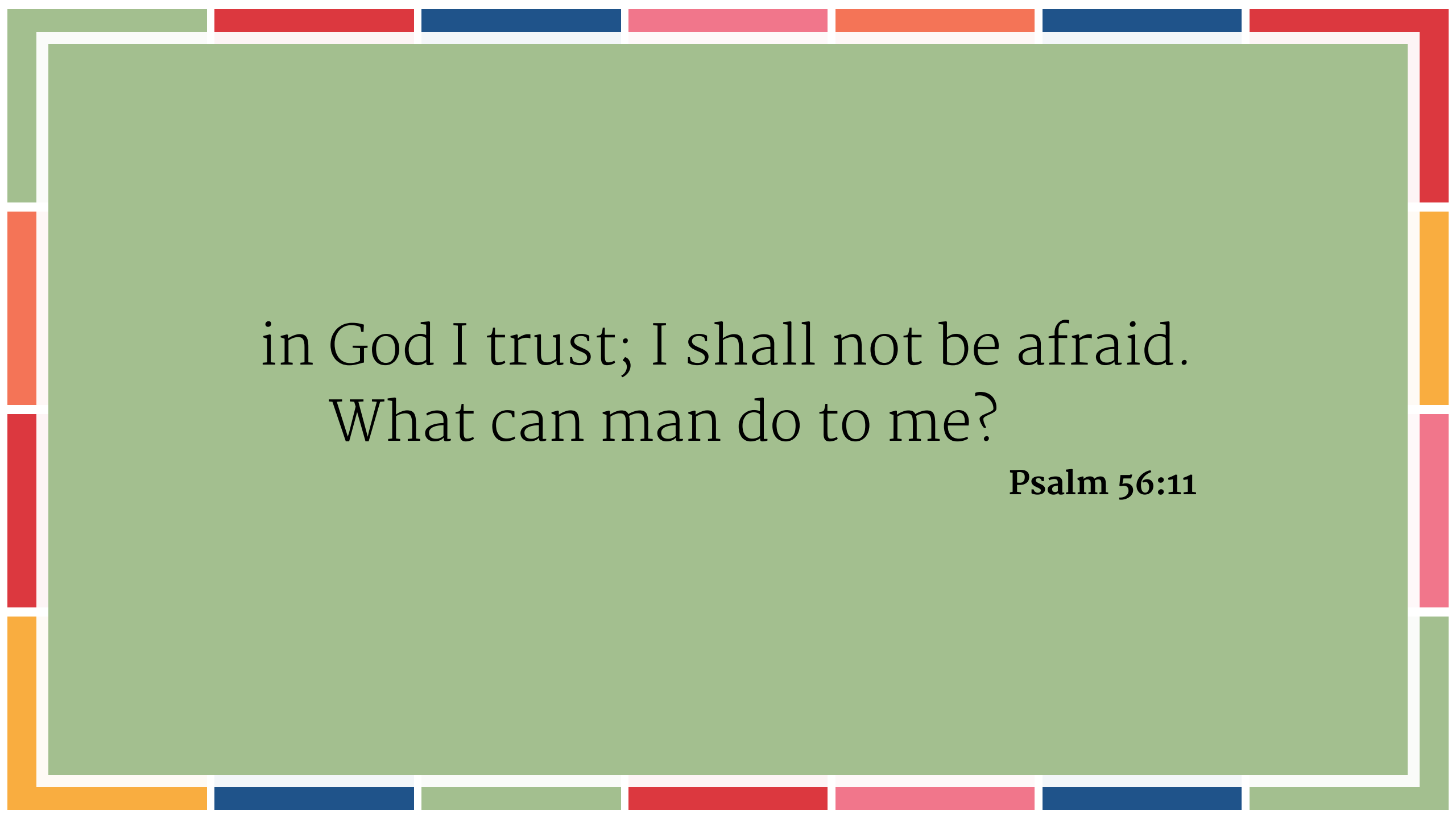
A decorative border surrounds the central text area. It consists of a series of colored rectangular segments in shades of green, red, blue, pink, orange, and yellow, arranged in a stepped, L-shaped pattern along the top, bottom, and sides of the page.

When I am afraid,
I put my trust in you.
Psalm 56:3



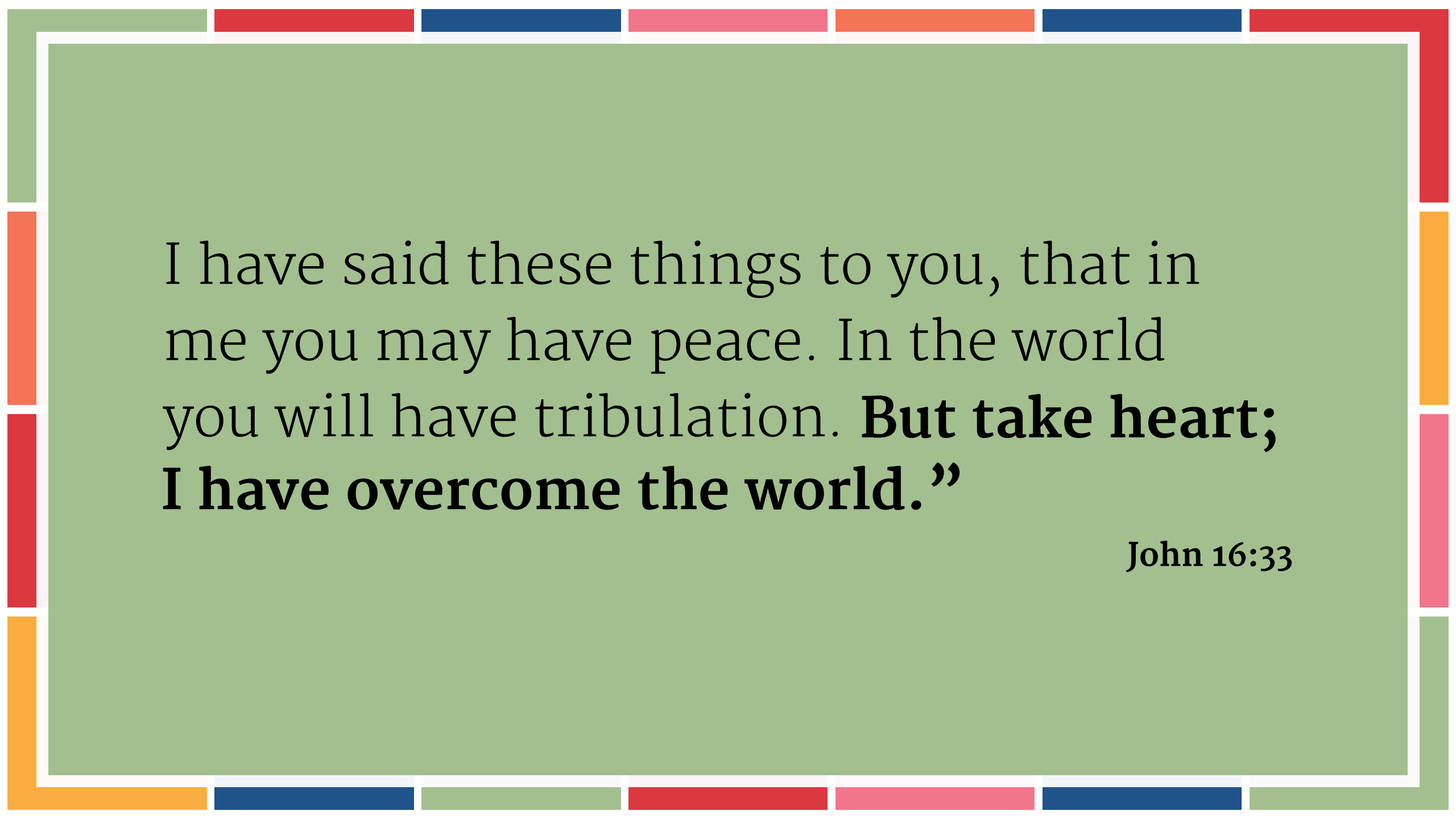
The Psalms do not teach us to
hide our negative emotions; they
teach us to bring them to God.

Based on Timothy Keller, *The Songs of Jesus*

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in God I trust; I shall not be afraid.
What can man do to me?

Psalm 56:11

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I have said these things to you, that in
me you may have peace. In the world
you will have tribulation. **But take heart;
I have overcome the world.”**

John 16:33

And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?”

Mark 4:37-38

Only do not rebel against the Lord. And do not fear the people of the land, for they are bread for us. Their protection is removed from them, and **the Lord is with us; do not fear them.”**

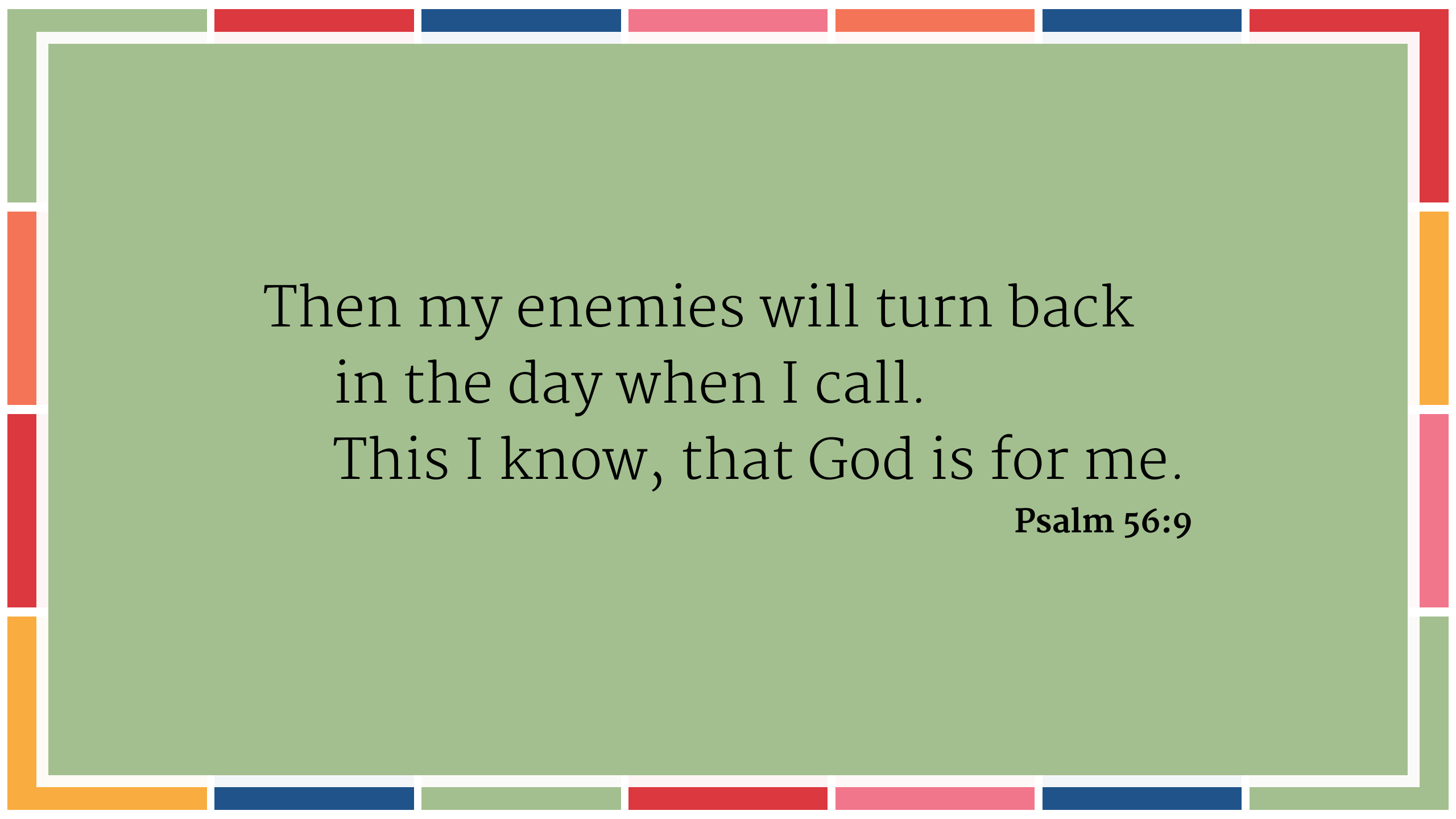
Numbers 14:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for **the Lord your God is with you wherever you go.”**

Joshua 1:9

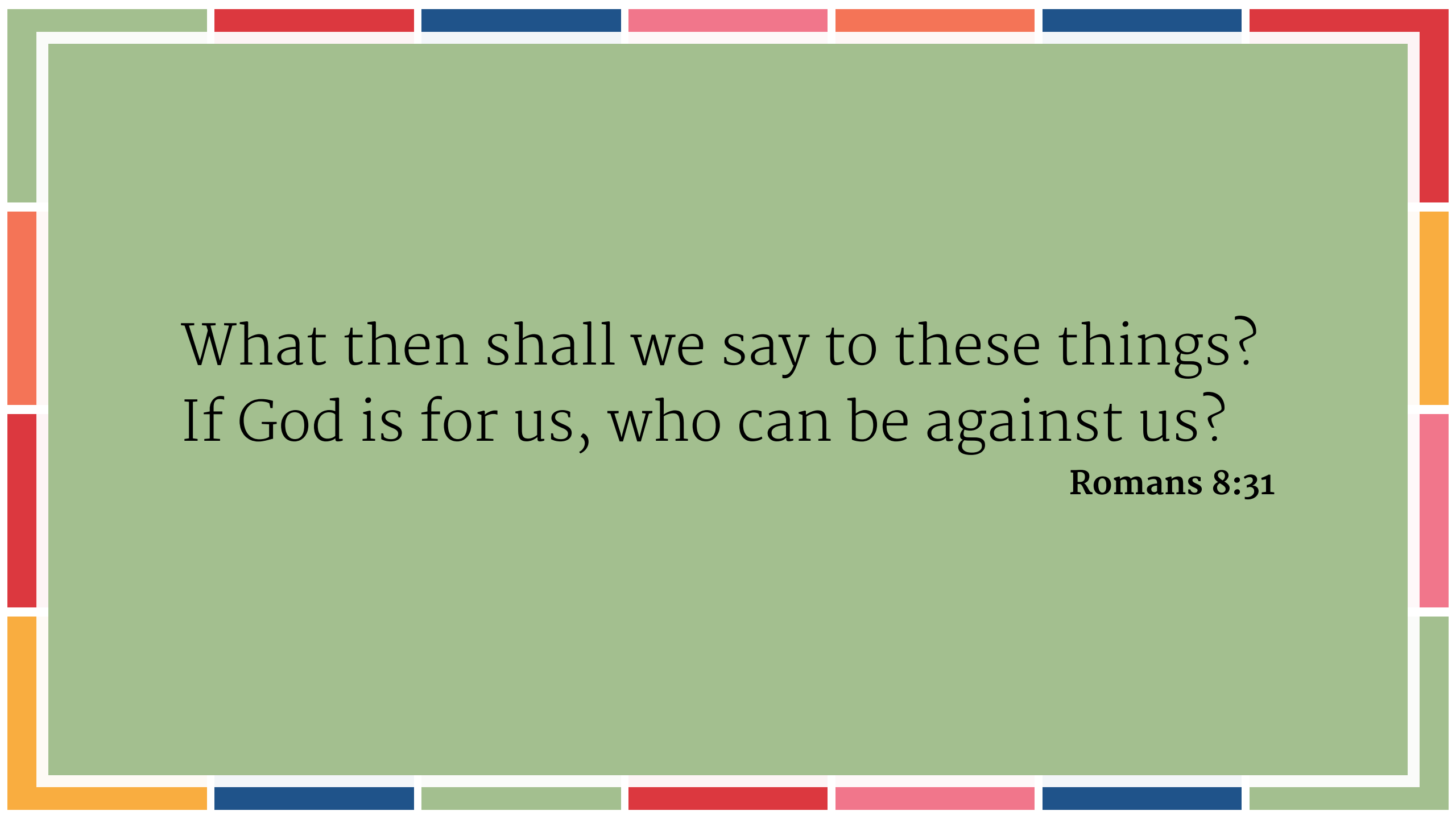
fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.

Isaiah 41:10

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Then my enemies will turn back
in the day when I call.
This I know, that God is for me.

Psalm 56:9

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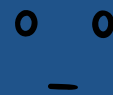
What then shall we say to these things?
If God is for us, who can be against us?

Romans 8:31

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