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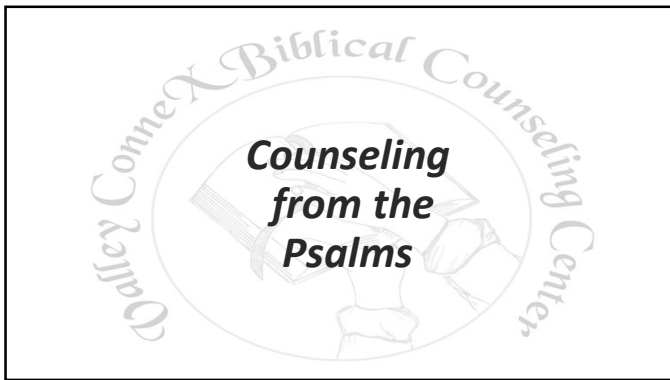
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The Psalms

- "In these songs, real people express their real misery and infirmity within the context of a real world towards a real God." Michael Leister, "The Psalms are Special in Counseling," Biblical Counseling Coalition, October 25, 2019
- In the Psalms human frailty is confessed openly and the majesty and might of God are exalted.
- Sadness to gladness, fear to faith, despair to hope, confusion to confidence, the Psalms capture the whole of human experience.

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Highlights from the Psalms

- Confidence in the Word of God Psalm 1, Psalm 19:7-11, Psalm 119
- Walking Through Grief Psalms 42-43
- Confession and Forgiveness Psalms 32 & 51
- God as our place of refuge Psalms 31, 46, 57, 71, 91, 121
- Victim of Violence Psalm 22
- Betrayal Psalm 55

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Highlights from the Psalms

- Instruction in Praise and Thanksgiving Psalms 8, 34, 96, 103-108, 111, 136, 145-150
- Lament Psalm 88
- Injustice Psalms 10, 35
- God's care Psalms 23, 139
- Trust in God Psalm 37
- Deliverance comes from God Psalm 62

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Highlights from the Psalms

- Persecution Psalm 69
- Remembering God's mighty works in times of trouble Psalms 77, 135
- Restoration Psalms 80, 85

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Some questions to ask.

- How is your experience similar to or different from the psalmist?
- What thoughts have you had that are reflected by this Psalm?
- What additional thoughts have you had about your situation?
- What are the emotions expressed in this Psalm? How are they similar or different than your emotional reactions?

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Some questions to ask.

- What does the Psalmist say about God? Does this view accurately describe God? (Psalm 10:1-2; 13:1)
- How are the challenges the psalmist is facing skewing his view of God and the world? How can you relate to this? How did the psalmist find hope?
- How do the biblically accurate descriptions of God help the psalmist? What adjustments did the psalmist have to make to align with these truths about God?

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Some questions to ask.

- What adjustments do you need to make in your thinking and/or actions to bring your life into alignment with God's truth?

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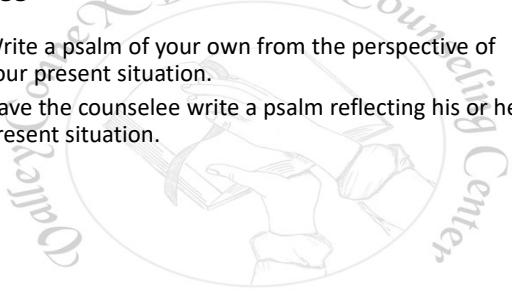
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Suggested exercise

- Write a psalm of your own from the perspective of your present situation.
- Have the counselee write a psalm reflecting his or her present situation.



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