

Psalms to Help us Pray Through Emotions

1. Fear and Anxiety

- **Psalm 3** – Describes a situation of being surrounded by enemies, finding peace in God’s protection.
- **Psalm 27** – Emphasis on God as light and salvation, expressing confidence in the face of fear.
- **Psalm 56** – Trust in God when feeling afraid, with David’s refrain, “When I am afraid, I will put my trust in you.”
- **Psalm 91** – Assurance of God’s protection and care, often called a “Psalm of Security.”

2. Sadness and Grief

- **Psalm 42** – Speaks of deep longing and sadness, “Why, my soul, are you downcast?”
- **Psalm 13** – A lament asking, “How long, O Lord?”—expressing prolonged sorrow and a feeling of abandonment.
- **Psalm 6** – A heartfelt lament asking for God’s mercy amidst deep sorrow and weariness.

3. Anger and Frustration

- **Psalm 4** – Advises restraint in anger, expressing a sense of peace despite provocation.
- **Psalm 37** – Encourages patience, trust, and refrain from anger in response to evildoers.
- **Psalm 94** – A cry for justice, asking God to “repay the proud” and deliver the oppressed.

4. Guilt and Repentance

- **Psalm 51** – A prayer of repentance, asking for cleansing and a pure heart after sin.
- **Psalm 38** – David acknowledges his sin and physical and emotional pain from guilt, asking for mercy.
- **Psalm 130** – Expresses hope in God’s forgiveness and redemption, “If you, Lord, kept a record of sins... who could stand?”

5. Loneliness and Isolation

- **Psalm 25** – A request for guidance and companionship, asking God for mercy and closeness.
- **Psalm 142** – David’s cry from a cave, feeling “no one is concerned” and seeking refuge in God.
- **Psalm 102** – A lament from someone feeling alone and afflicted, pouring out their heart to God.

6. Joy and Gratitude

- **Psalm 100** – A joyful psalm, inviting all the earth to praise God with gladness.
- **Psalm 103** – A psalm of thanksgiving, blessing God for His mercy, forgiveness, and compassion.
- **Psalm 136** – Repeatedly celebrates God’s steadfast love, ending each line with “His love endures forever.”

7. Doubt and Confusion

- **Psalm 73** – Addresses doubt and envy, finding resolution in God’s ultimate justice.
- **Psalm 77** – Begins with questioning God’s absence, but recalls His past faithfulness.
- **Psalm 10** – Expresses confusion over God’s seeming absence in the face of injustice.

8. Hope and Trust

- **Psalm 46** – Assurance of God’s presence as a refuge and strength amid upheaval.
- **Psalm 62** – A declaration of trust, waiting for God alone as a source of salvation and peace.
- **Psalm 121** – Assurance of God’s protection and care, looking to Him as a helper.

9. Overwhelm and Exhaustion

- **Psalm 55** – Encourages casting burdens on the Lord, seeking relief from stress and trouble.
- **Psalm 61** – David’s plea for refuge and strength, feeling overwhelmed and seeking God’s protection.
- **Psalm 18** – Praises God for His strength and deliverance from distressing situations.

10. Praise and Worship

- **Psalm 150** – A call to praise God with all instruments and voices, celebrating His greatness.
- **Psalm 145** – A psalm of worship, extolling God’s greatness, goodness, and compassion.
- **Psalm 8** – A reflection on God’s majesty in creation and humanity’s place within it.