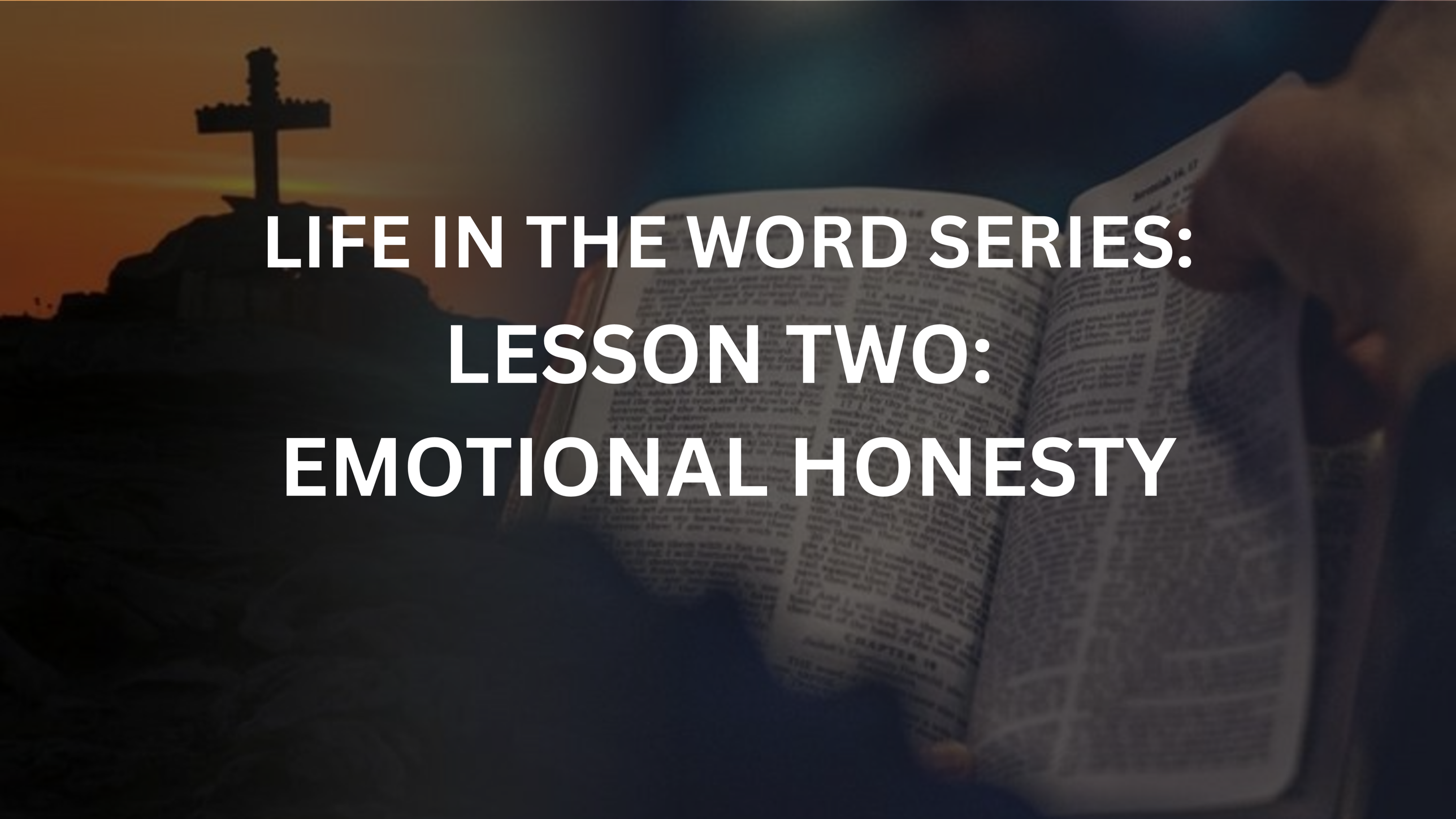
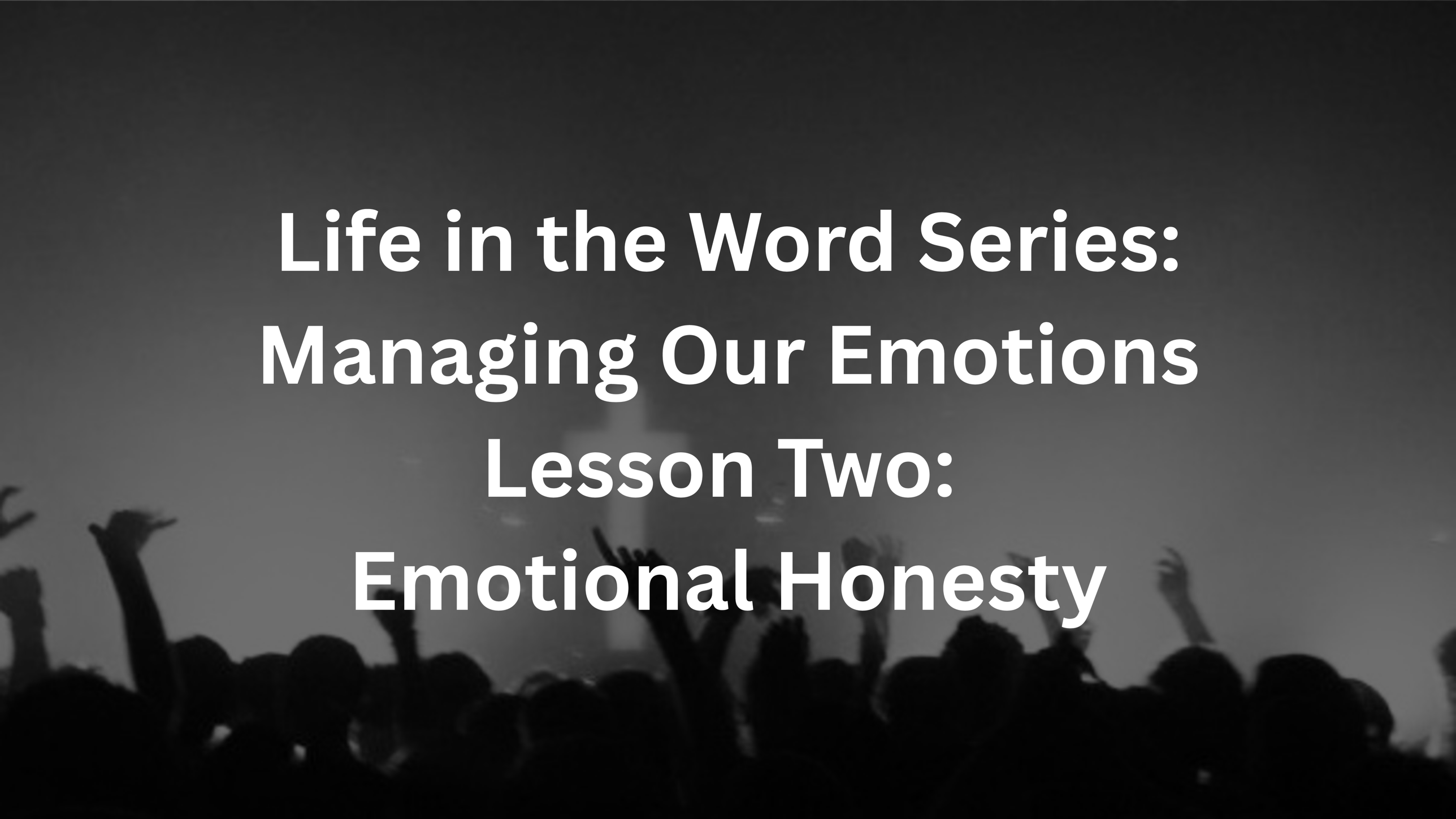
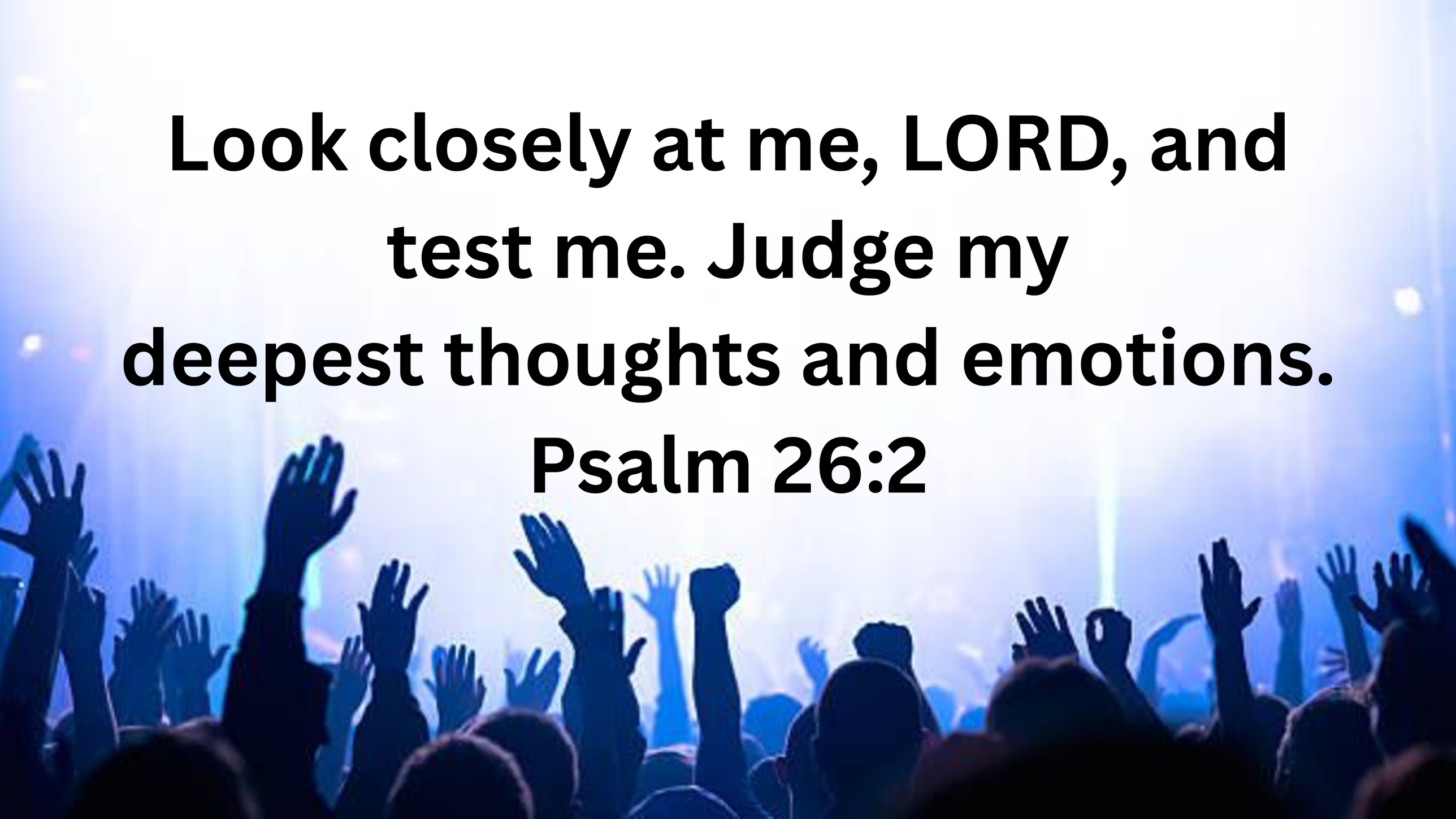
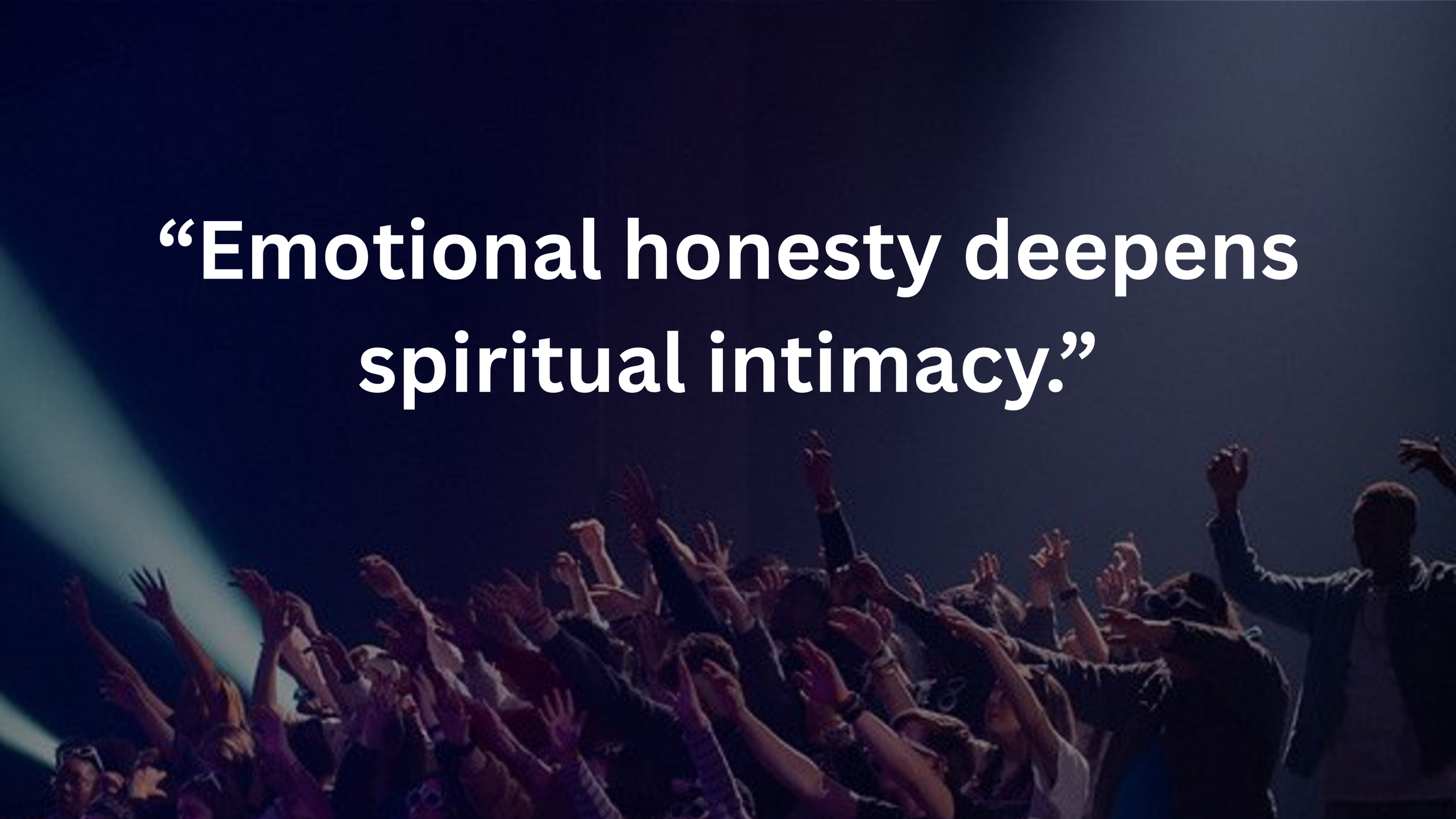


LIFE IN THE WORD SERIES:
LESSON TWO:
EMOTIONAL HONESTY



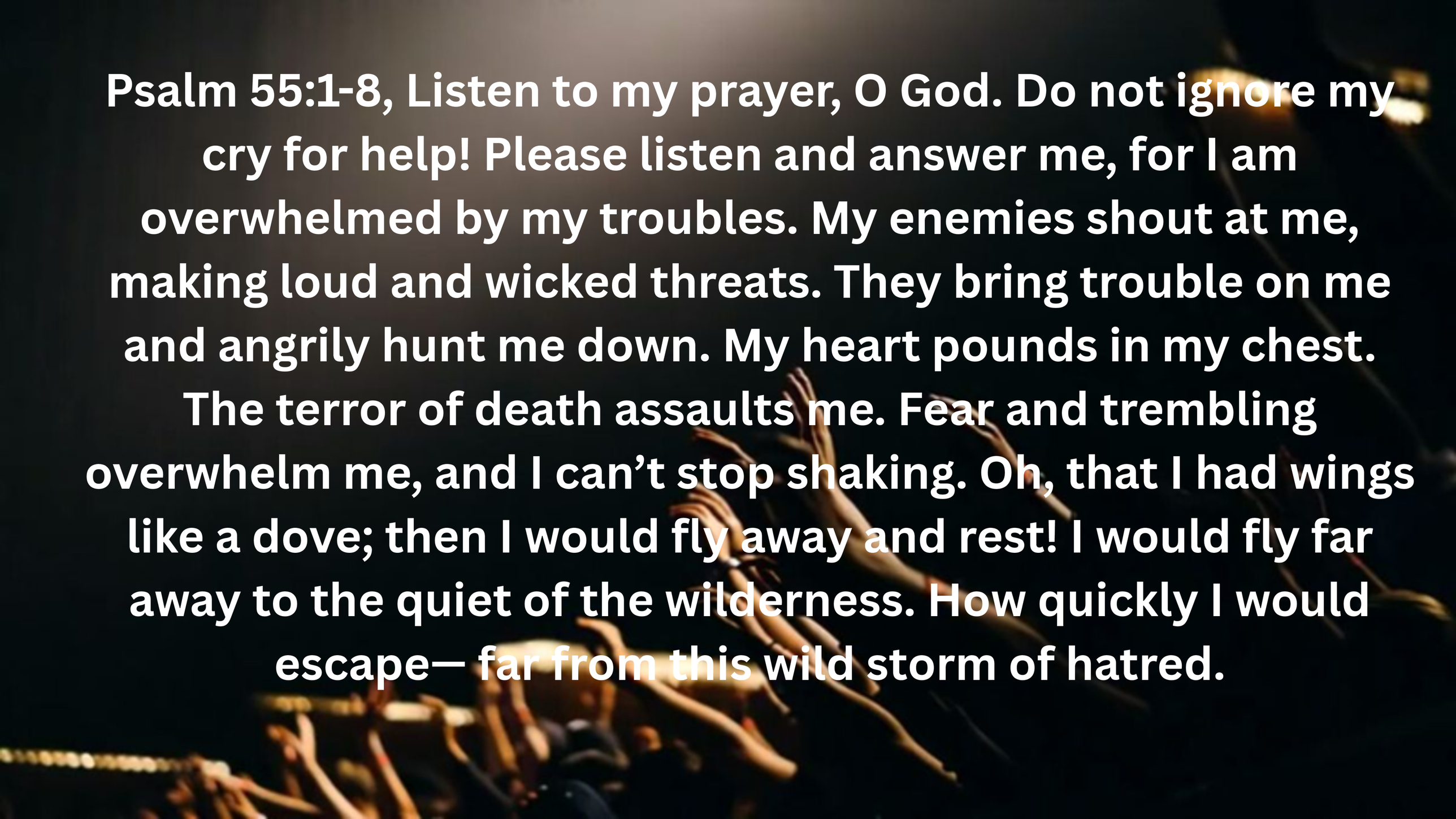
Life in the Word Series: Managing Our Emotions Lesson Two: Emotional Honesty


Look closely at me, LORD, and test me. Judge my deepest thoughts and emotions.
Psalm 26:2


“Emotional honesty deepens spiritual intimacy.”



Scripture Lesson:
Psalm 55:1-8

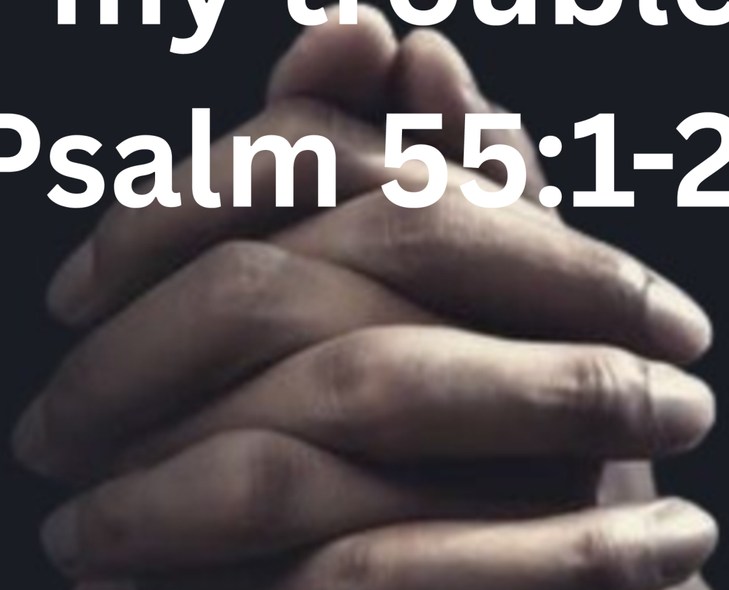

Psalm 55:1-8, Listen to my prayer, O God. Do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles. My enemies shout at me, making loud and wicked threats. They bring trouble on me and angrily hunt me down. My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can’t stop shaking. Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness. How quickly I would escape— far from this wild storm of hatred.

Three Life Principles of Emotional Honesty:



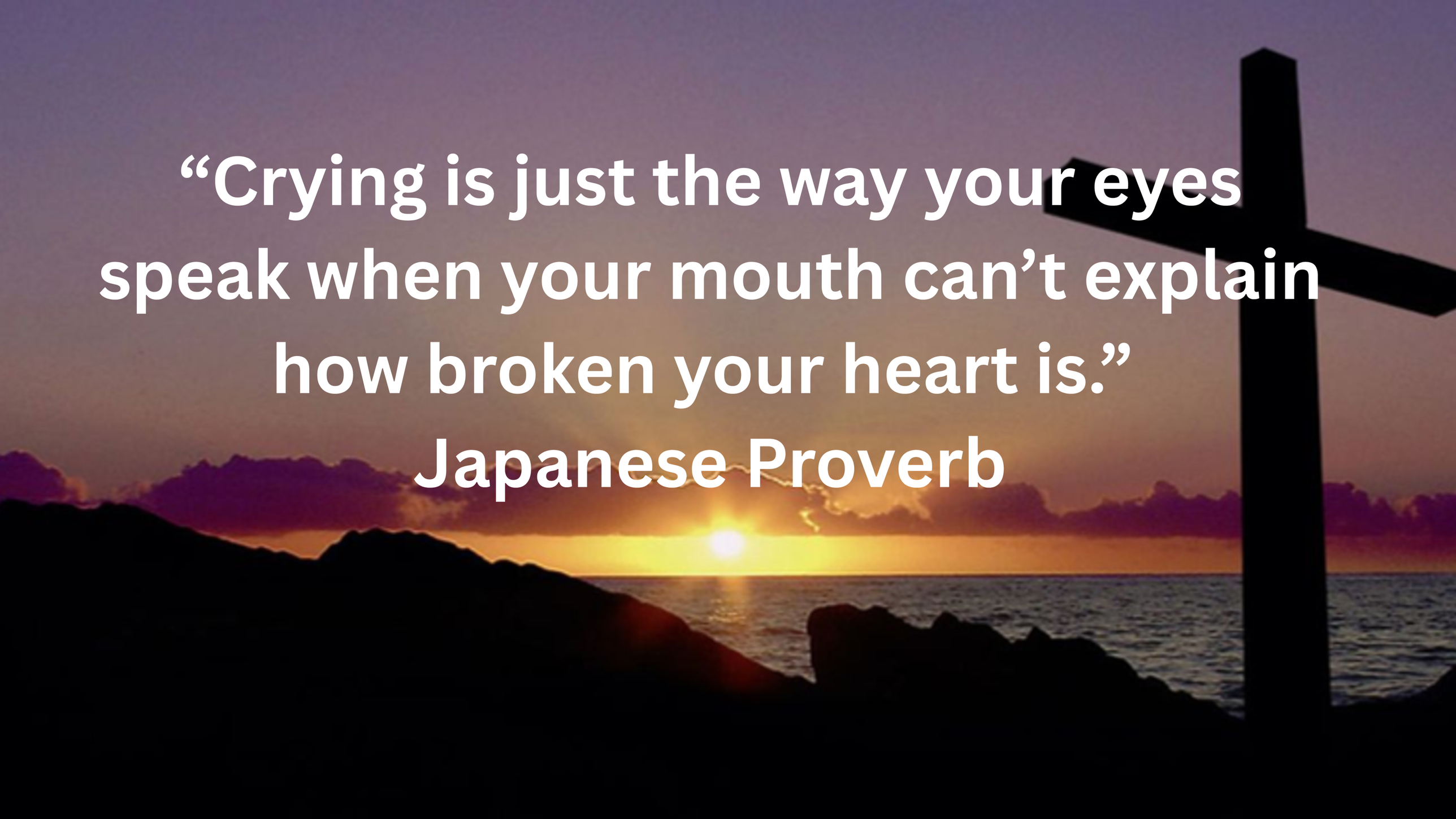
Listen to my prayer, O God. Do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles.

Psalm 55:1-2



1. Our Honest and Desperate Prayers are Welcomed by God.




“Crying is just the way your eyes speak when your mouth can’t explain how broken your heart is.”
Japanese Proverb

My enemies shout at me, making loud and wicked threats. They bring trouble on me and angrily hunt me down. My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can’t stop shaking.

Proverbs 55:3-5

2. God Invites Us to Bring Our Overwhelming Emotions to Him.



Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness. How quickly I would escape—far from this wild storm of hatred.

Psalm 55:6-8

3. We can Admit Our Emotions to God without Shame.

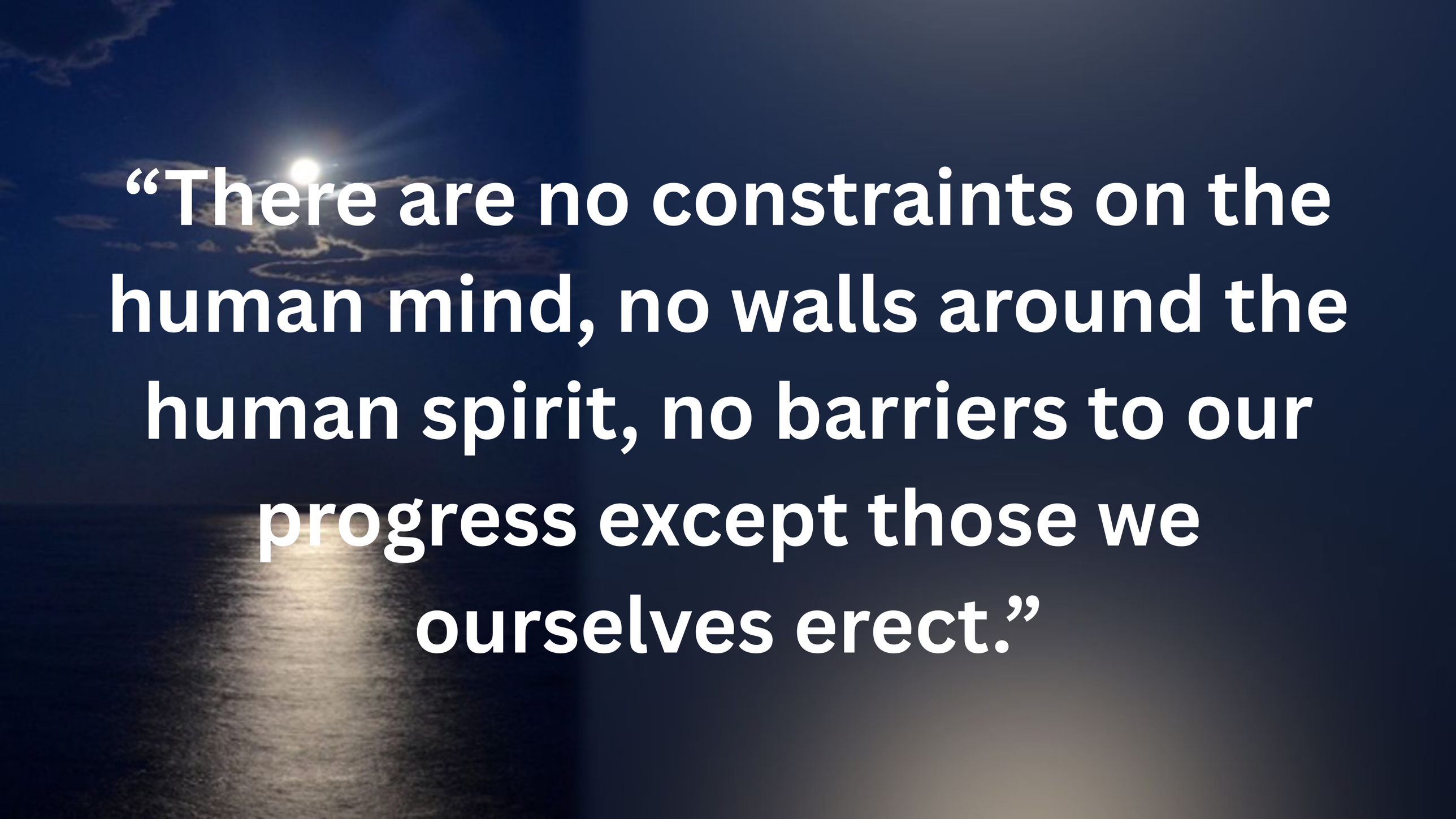


Five Blessings Attached to Emotional Honesty:





1. It Removes Barriers.
Psalm 138:3


“There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.”

2. It Encourages Raw Vulnerability.
II Corinthians 12:9



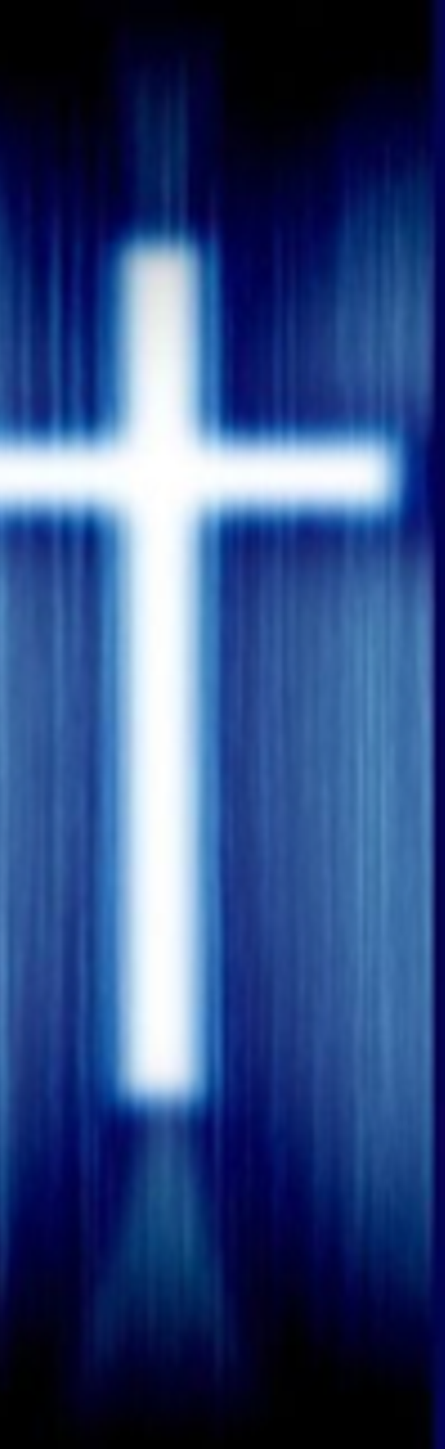
3. We Experience Secure Attachment.

Psalm 62:8

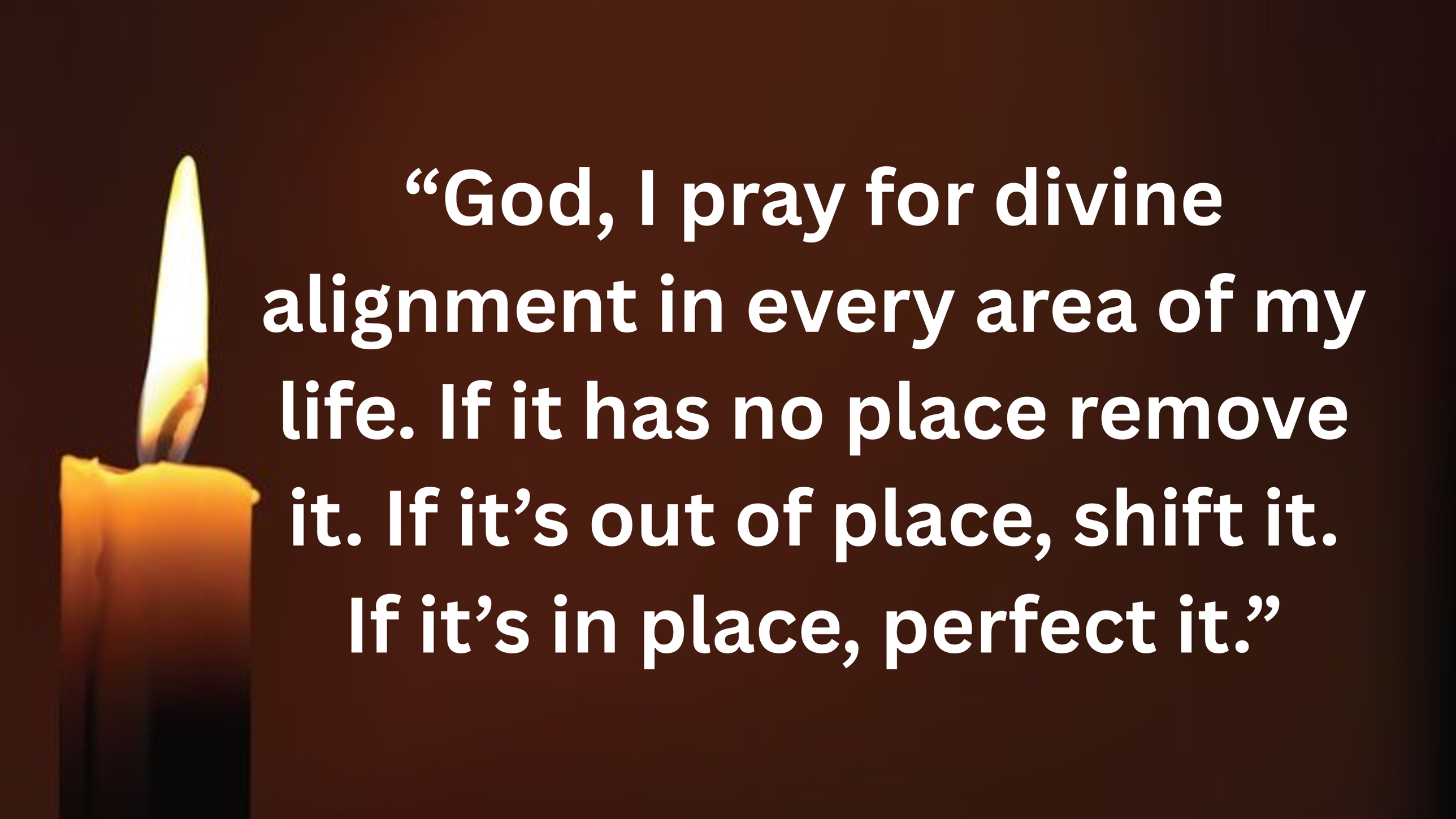
4. We Gain Authenticity Over Performance.

Luke 12:2

“Being a Christian is not just a label; it requires authenticity.”



5. We Gain Internal Alignment.
Psalm 139:1-4


“God, I pray for divine alignment in every area of my life. If it has no place remove it. If it’s out of place, shift it. If it’s in place, perfect it.”

“We try to hide our feelings, but we forgot that our eyes speak.”

Follow Up Chat Questions:

1. “Emotional honesty deepens spiritual intimacy.” How so?
2. Describe the Psalmist issue(s) in Psalm 55.
3. Name the three life principles in today’s lesson. Explain.
4. Have you ever felt like running away from stress, conflict, or difficult circumstances?
5. Why does David wants to flee in Psalm 55?
6. Name the five blessings that result from being emotionally honest.
7. What can you take away from today’s lesson?