

WNMC Spiritual Practices – Session 2
with Miriam Frey and Ralph Brubacher
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Befriending Our Emotions using Psalms

Unconsciously we experience dozens of feelings every day, sometimes every hour. When we come to a feeling that creates an unpleasant body sensation, we tend to stuff it down into our nervous system where it gets stuck. If we acknowledge it, with kindness, it will subside.

A simple spiritual practice - consciously name your feelings, in a word, a colour or draw a picture: I am feeling _____

Explore the feeling, give it your full attention, even if only for a few seconds.

Where is it located in your body? Notice how feelings & sensations shift & change.

Another spiritual practice is to express yourself through writing or reading a psalm.

NOTE: If you write a psalm, you will need (1) a journal or paper and (2) a pen or pencil.

We are not used to expressing our feelings in our prayers, especially lamenting about what is happening in our lives and in our world. As the psalmist demonstrated, God wants to hear it all!

There are three sections to a lament:

1. Complaint...

Why God? Where are you? What does this mean?

I am scared...

I am angry...

2. Request....

God, do something! Rescue me! Heal me! Show mercy!

Help me...

I need...

I wish that...

3. Expression of Trust...

Claim a promise from below or include your own expression of trust from scripture:

Jesus says, "I will not leave you comfortless." John 14:18

"Those who wait upon the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31

"The Lord of hosts is with us; the God of Jacob is our refuge." Psalm 46:11 or

"Surely goodness and mercy shall follow me all the days of my life." Psalm 23:6

"Do not be afraid, for I have called you by name... When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through the fire you shall not be burned... for I am your God." Isaiah 43:1-3