



## Week #3: I'm So Sad

The Law of \_\_\_\_\_.

### Asaph's Journey into Emotional Failure:

*Truly God is good to Israel, to those who are pure in heart. But as for me, my feet had almost stumbled, my steps had nearly slipped. For I was envious of the arrogant when I saw the prosperity of the wicked.*

Psalm 73:1–3 (ESV)

- 1) Jealous Heart.
- 2) Critical Spirit.
- 3) Sanctimonious Attitude.

### Asaph's Journey into Emotional Health:

- **Option 1:** \_\_\_\_\_ **Modification.**

*All in vain have I kept my heart clean and washed my hands in innocence.*

Psalm 73:13 (ESV)

- **Option 2:** \_\_\_\_\_ **Modification.**

*But when I thought how to understand this, it seemed to me a wearisome task, until I went into the sanctuary of God; then I discerned their end.*

Psalm 73:16–17 (ESV)

*When my soul was embittered, when I was pricked in heart, I was brutish and ignorant; I was like a beast toward you.*

Psalm 73:21–22 (ESV)

- **Option 3:** \_\_\_\_\_ **Modification.**

*Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory. Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

Psalm 73:23–26 (ESV)

Asaph found the \_\_\_\_\_ to emotional \_\_\_\_\_.

1. God is protecting and guiding me.
2. All I need in heaven is God.
3. All I want in this life is God.
4. The nearness of God is my good and my strength.

### Discussion Questions

- 1) Read Psalm 73 as a group and discuss Asaph's emotional struggle.
- 2) Have you ever noticed that wicked people seem to prosper? What are your thoughts about this? What does it make you feel about God? Discuss with your group how we can turn this around to a positive.
- 3) In the message, we were taught about "sanctimony," the idea that we may see ourselves as morally superior to others. Discuss with your group ways to break this sanctimonious heart.
- 4) What value is the presence of God to your emotional health? Discuss with your group how we can acknowledge the presence of God in our lives.

### Recommended Resources

- *Breathe: Overcoming Anxiety, Depression and Negative Emotions*, by Timothy R. Scott, PhD
- *Crisis Hotline*: 1-888-724-7240
- *Suicide Hotline*: 1-800-273-8255
- <https://eastlake.church/mental-health-resources>