

soul talk

the gift of the gray

talking to our soul

Why are you downcast, O my soul? Why so disturbed within me?

Psalm 42:11

seasons of gray

O Lord, do not rebuke me in your anger or discipline me in your wrath.

² Be merciful to me, Lord, for I am faint; O Lord, heal me, for my bones are in agony. ³ My soul is in anguish. How long, O Lord, how long? ⁴ Turn, O Lord, and deliver me; save me because of your unfailing love. ⁵ No one remembers you when he is dead. Who praises you from the grave? ⁶ I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes.

Psalm 6:1-7

I cried out to God for help; I cried out to God to hear me. ² When I was in distress, I sought the Lord; at night I stretched out untiring hands and my soul refused to be comforted. ³ I remembered you, O God, and I groaned; I mused, and my spirit grew faint. ⁴ You kept my eyes from closing; I was too troubled to speak. ⁵ I thought about the former days, the years of long ago; ⁶ I remembered my songs in the night. My heart mused and my spirit inquired: ⁷ "Will the Lord reject forever? Will he never show his

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NOTES - The icons below may be helpful as you take notes on the outline.



favor again? ⁸ Has his unfailing love vanished forever? Has his promise failed for all time? ⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?" ¹⁰ Then I thought, "To this I will appeal: the years of the right hand of the Most High." ¹¹ I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. ¹² I will meditate on all your works and consider all your mighty deeds.

Ps 77:1-12

anxiety & melancholy myths

- ~ Anxiety is a sin
- ~ There is nothing to fear
- ~ A Christian should live without anxiety
- ~ There is nothing I can do to overcome anxiety

Anxiety Inventory:

- | | |
|-----------------------|--------------------------|
| Uncertainty | Past Pain—PTS |
| Change | Failure |
| Loss | Success |
| Relationship Conflict | (Reward of Success) |
| Busyness | The Straw |
| Family of Origin | - A Seeming Little Thing |
| (Learned Behavior) | |

anxiety & melancholy truths

- ~ Anxiety is a gift from God
- ~ God is with us in a dangerous world
- ~ Anxiety has a role in our life
- ~ We can talk to our souls and our souls can talk to God

next steps

further reading

- Prayer* – Richard Foster
- The Good and Beautiful Life* – James Bryan Smith
- Invitation to Solitude and Silence:*
Experiencing God's Transforming Presence – Ruth H. Barton