



- **Communion:** 1st **Phil** 2nd **Phil**
- **Ministry Communication:** 1 – Becky N 2 – Dominee C

Building Emotional Security

Psalm 3

Psalm 3:1 - Life has [real problems](#).

Psalm 3:2 – Verbal attacks can cause [emotional](#) sickness.

Have you ever laid awake at night thinking about stuff like that?

My friend Rick Stedman calls them: [RAT's](#)

[Really Awful Thoughts...](#)

2 Corinthians 10:3-5 / Ephesians 6

Psalm 3:3 – God is [real help](#)!

Psalm 3:4 – Sincere Prayer builds Emotional Security

1. Share it with [God in prayer](#).
 2. Share it with your [prayer partners](#).
- ⇒ Join a LifeGroup – weekly groups start January 29th

✓ **Sharing how you feel builds [intimacy in relationships](#)**

Psalm 3:5 – [Sleep](#) is therapeutic.

Psalm 3:6 – Being connected to God is a key to [overcoming fear](#)

Psalm 3:7 – God gives you permission to pray '[rough prayers](#)'!

Romans 12:17-21

A key concept to Building Emotional Security =

Having a personal '[attachment](#)' to God.

The word LORD in this psalm – Yahweh, used five times

Psalm 3:8 – Victory and blessing in the end.

✓ Learn to USE scripture as a weapon in prayer.

When you FEEL overwhelmed – when you FEEL fears, when you *feel* your heart is overwhelmed, or perhaps this week you actually come under attack by many foes on the rise...

⇒ When under attack, [pray Psalm 3](#) for victory this week.

January 22: *Displaying Emotional Security - Psalms*

January's Memory Verse: *The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. Prov.1:7*

Sunday 1/15- Read Proverbs 15

Question: Why is our speech so important?

Truth: *The soothing tongue is a tree of life,
but a perverse tongue crushes the spirit. Vs. 4*

Meditate: Proverb 15:22- *Plans fail for lack of counsel,
but with many advisers they succeed.*

Prayer: Lord, may my speech and my lifestyle reflect that I am loving you and loving others.

Action: *Better a small serving of vegetables with love
than a fattened calf with hatred. Vs. 17*

Monday 1/16- Read Proverb 16

Question: What is the best strategy for success?

Truth: *Whoever gives heed to instruction prospers,
and blessed is the one who trusts in the Lord. Vs. 20*

Meditate: Proverbs 16:9- *In their hearts humans plan their course,
but the Lord establishes their steps.*

Prayer: Lord, help me to be successful. Show me your ways.

Action: *Commit to the Lord whatever you do,
and he will establish your plans. Vs.3*

Tuesday 1/17- Read Proverbs 17

Truth: *The crucible for silver and the furnace for gold,
but the Lord tests the heart. Vs 3*

Wisdom: *Whoever would foster love covers over an offense,
but whoever repeats the matter separates close friends. Vs. 9*

Meditate: Proverbs 17:27- *The one who has knowledge uses words
with restraint, and whoever has understanding is even-tempered.*

Prayer: Lord God, fill my heart with your love so I might respond well in every situation.

Action: *A friend loves at all times,
and a brother is born for a time of adversity. Vs. 17*

Wednesday 1/18- Read Proverbs 18

Truth: *To answer before listening—
that is folly and shame. Vs. 13*

Meditate: Proverbs 18:9 - *One who is slack in his work
is brother to one who destroys.*

Prayer: Father God, thank you for the trustworthy friends you have surrounded me with at Gateway.

Action: *The name of the Lord is a fortified tower;
the righteous run to it and are safe. Vs. 10*

Thursday 1/19- Read Proverbs 19

Truth: *The one who gets wisdom loves life;
the one who cherishes understanding will soon prosper. Vs. 8*

Meditate: Proverbs 19:3- *A person's own folly leads to their ruin,
yet their heart rages against the Lord.*

Prayer: Father, may I continue to trust in your Word and follow your commands.

Action: *Listen to advice and accept discipline,
and at the end you will be counted among the wise. Vs. 20*

Friday 1/20- Read Proverbs 20

Question: *Many claim to have unfailing love,
but a faithful person who can find? Vs. 6*

Truth: *The righteous lead blameless lives;
blessed are their children after them. Vs. 7*

Meditate: Prov. 20:19 *A gossip betrays a confidence;
so avoid anyone who talks too much.*

Prayer: Father God, may my walk and my talk demonstrate your love in me and out to others.

Action: *It is to one's honor to avoid strife,
but every fool is quick to quarrel. Vs. 3*

Saturday 1/21- Read Proverbs 21

Truth: *A person may think their own ways are right,
but the Lord weighs the heart. Vs. 2*

Meditate: Proverbs 21:3- *To do what is right and just
is more acceptable to the Lord than sacrifice.*

Prayer: Father God, my life, prosperity and honor are all derived from you.

Action: *Whoever pursues righteousness and love
finds life, prosperity and honor. Vs. 21*