

Tell God Your Feelings

No one likes to feel upset. Or afraid. Or angry. But sometimes we all have feelings like these. Read the first 11 verses of Psalm 102. What words tell you how the psalmist felt?

The person who wrote this psalm knew that God would listen to his feelings and that telling God would help. Next time you're feeling bad, write down your feelings for God to see. Maybe by the time you're finished writing you'll already feel better, just like the person who wrote this psalm (see Psalm 102:16–17).

Live It!



Psalm 102:1-11