**Psalms: Managing Our Emotions - Study 1**

**Joy: A Time to Dance**

Learn to rejoice in the past, present, and future.

**Psalm 33:1-22**

Emotions are both complicated and complex, both mysterious and mystifying. Even the experts are not sure exactly what causes us to experience emotions. Both social science and neurobiology have tried, to no avail, to explain the origin of emotions. And for Christians, emotions can be troubling, frustrating, and untrustworthy.

Many People think joy is dependent upon our circumstances, but the Psalms help us realize that we can find joy in every circumstance. This study will look at ways to find joy in every area of life, because joy stems from the knowledge of God’s work in our past, his plan for our present, and his power over our future.

Psalm 33 is a song of joy and a call to worship, to assemble in celebration.

The Psalms express emotions clearly. Psalms is the longest book of the Bible and it was written by various people. And while the rest of the Bible is directed to us, most of the Psalms are directed back to God, as his people use these inspired lyrics to express their hearts to God. John Calvin called Psalms “an anatomy of all parts of the soul.” Walter Brueggeman divides the Psalms into three categories:

Psalms of orientation—the psalmist’s outlook is, “Life makes sense.”

Psalms of disorientation—the psalmist’s outlook is, “Life doesn’t make any sense.”

Psalms of reorientation—the psalmist’s outlook is, “Life is starting to make sense once again.”

In this series, we will be looking at all three of these kinds of psalms to learn how to manage our emotions.

In the Hebrew, all pronouns in this psalm are plural, meaning that this joy is something that happens with others. The assembly is encouraged to express their joy with various kinds of instruments. Any and every instrument can be an instrument of joy. God deserves the best praise we can offer.

But how can we express joy if we don’t feel joyful? Our circumstances are always changing, so we must find our joy in God.

# Passage Power Points

## We find joy by willfully obeying God’s Word

1 Rejoice in the Lord, O you righteous! For praise from the upright is beautiful.

2 Praise the Lord with the harp; Make melody to Him with an instrument of ten strings.

3 Sing to Him a new song; Play skillfully with a shout of joy.

We willfully obey people we know, respect and trust.

## We find joy by remembering God’s voice from the past.

4 For the word of the Lord is right, And all His work is done in truth.

5 He loves righteousness and justice; The earth is full of the goodness of the Lord.

6 By the word of the Lord the heavens were made, And all the host of them by the breath of His mouth.

7 He gathers the waters of the sea together as a heap; He lays up the deep in storehouses.

8 Let all the earth fear the Lord; Let all the inhabitants of the world stand in awe of Him.

9 For He spoke, and it was done; He commanded, and it stood fast.

## We find joy by looking for God’s plan in the present.

10 The Lord brings the counsel of the nations to nothing; He makes the plans of the peoples of no effect.

11 The counsel of the Lord stands forever, The plans of His heart to all generations.

12 Blessed is the nation whose God is the Lord, The people He has chosen as His own inheritance.

**We find joy by acknowledging God’s watchfulness in our lives.**

13 The Lord looks from heaven; He sees all the sons of men.

14 From the place of His dwelling He looks On all the inhabitants of the earth;

15 He fashions their hearts individually; He considers all their works.

##  We find joy by anticipating God’s mighty power.

16 No king is saved by the multitude of an army; A mighty man is not delivered by great strength.

17 A horse is a [d]vain hope for safety; Neither shall it deliver any by its great strength.

18 Behold, the eye of the Lord is on those who fear Him, On those who hope in His mercy,

19 To deliver their soul from death, And to keep them alive in famine.

20 Our soul waits for the Lord; He is our help and our shield.

21 For our heart shall rejoice in Him, Because we have trusted in His holy name.

22 Let Your mercy, O Lord, be upon us, Just as we hope in You.