



Aggressive



Angry



Arrogant



Bashful



Bored



Cautious



Confident



Confused



Curious



Disappointed



Disapproving



Disbelieving



Disgusted



Ecstatic



Enraged



Envious



Exasperated



Frustrated



Grieving



Guilty



Happy



Horrificed



Hurt



Jealous



Joyful



Lonely



Miserable



Negative



Nervous



Optimistic



Regretful



Sad



Satisfied



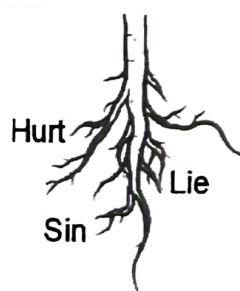
Scared



Shocked



Stubborn



## Heart Health

### 4 Step Pattern Approach:

- 1) Processing Life's Experiences (through Lamenting)
- 2) Dealing with Emotions (through Repenting & Forgiving)
- 3) Taking on Truth (through Receiving)
- 4) Refreshing the Heart (through Reviving)

In a nutshell - Fostering good heart health by Lamenting, Repenting & Forgiving, Receiving and Reviving.

### Writing your own lament:

- Keep turning to the Lord - Our natural reaction to grief/sin may be to deny it, to ignore it, or to seek to numb it.  
(Psalm 4:1)
- Bring your complaints - Godly complaint identifies conditions or events in the world or in our lives and brings them to God, saying, "Lord, look at what we are experiencing!"  
(Psalm 94:3)
- Ask boldly - Healthy lament always moves to intercession instead of getting stuck in complaint.  
(Hebrews 4:16)
- Choose to trust - After we complain and ask God to intervene, we turn to hope. If we know the promises of God, and if we know that He always keeps His promises, we can trust Him.  
(Psalm 31:14)

Psalms of lament to get you started: 3, 10, 13, 17, 31, 42, 43, 60, 79, 80, 94, 102