



ALL



FEEELS

**UNDERSTANDING OUR
EMOTIONS THROUGH
THE PSALMS**

PSALM 142

(PAGE 301 IN OUR BIBLES)

ALL *the* **FEELS**



MARCH 10
LONELINESS
& ISOLATION

MARCH 17
CONFUSION
& DOUBT

MARCH 20
MID-WEEK
PODCAST ON
DEPRESSION
& DESPAIR

PSALM 142

(PAGE 301 IN OUR BIBLES)

ALL the
FEELS

% OF AMERICANS WHO ARE “OFTEN LONELY”

1980'S:

20%



2018:

40%

ALL the
FEELS

DURING MY YEARS CARING FOR PATIENTS,
THE MOST COMMON PATHOLOGY I SAW
WAS NOT HEART DISEASE OR DIABETES;
IT WAS **LONELINESS**.

VIVEK MURTHY
FORMER SURGEON GENERAL

ALL 
FEELS

LONELINESS IS THE **NUCLEUS** OF
PSYCHIATRY. [...] IF LONELINESS DIDN'T
EXIST, **WE COULD REASONABLY ASSUME**
THAT PSYCHIATRIC ILLNESSES WOULD
NOT OCCUR EITHER.

J.H. VAN DEN BERG
DUTCH PSYCHIATRIST

ALL *the*
FEELS



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CONTRIBUTORS TO LONELINESS:

ALL *the* **FEELS**

CONTRIBUTORS TO LONELINESS:

1. ROMANTIC FIXATION

ALL *the* **FEELS**

CONTRIBUTORS TO LONELINESS:

1. ROMANTIC FIXATION
2. RELATIONAL INSULATING

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CONTRIBUTORS TO LONELINESS:

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2. RELATIONAL INSULATING
3. HIDDEN SIN

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THEREFORE, CONFESS YOUR SINS TO ONE
ANOTHER AND PRAY FOR ONE ANOTHER,
THAT YOU MAY BE HEALED.

JAMES 5:16

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CONTRIBUTORS TO LONELINESS:

1. ROMANTIC FIXATION
2. RELATIONAL INSULATING
3. HIDDEN SIN

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**IN OUR LONELINESS,
WE NEED GOD'S PRESENCE**

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**IN OUR LONELINESS,
WE NEED GOD'S PRESENCE,
MADE TANGIBLE BY
GOD'S PEOPLE.**

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WE NEED GOD'S PRESENCE,
MADE TANGIBLE BY
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NO ONE HAS EVER SEEN GOD; BUT IF **WE
LOVE ONE ANOTHER**, GOD LIVES IN US,
AND HIS LOVE IS **MADE COMPLETE IN US.**

1 JOHN 4:12

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