



Through the Psalms we are invited into a relationship with God that reaches the full spectrum of emotions: the highs and the lows, the peaks and the valleys. There is no feeling we are not allowed to express before God in our prayers and worship, because there is no part of life we are supposed to experience without God. The Psalms are a masterclass in entering God's presence with our whole selves – every ounce of joy and sorrow, grief and resolve, blessing and doubt, thanksgiving and fear. God loves all of us, so we don't have to hold anything back.

Week 1 - Full Spectrum Faith

1. We are emotional beings. We live on the spectrum of our feelings. They don't have to control us, but they always affect us. Taylor used the illustration of a crayon box for understanding and naming the emotions we experience. What kind of "crayon box" do you think you have? How comfortable are you with talking or processing your emotions?
2. **Read Psalm 77:1-9.** This is a raw and honest prayer. The fact prayers like this got in the Bible are a sign that **God makes a healing place to ask painful questions.** Have you ever heard anyone pray like this? Have you ever felt like this before? If comfortable, share a time in your life when you experienced these lows.
3. **Read Psalm 77:10-12. God provides a way forward by looking back.** Remembering God's faithfulness can provide an anchor in the storm of pain and confusion. Do you have important memories of God's faithfulness in your life? Share one with the group. Do you have Biblical anchors that ground you in hard times? Share with each other what those stories or verses mean to you.
4. **Read Psalm 77:13-20. God provides through His presence.** What are the parts of your life where God's footprints have been hard to see? Are there any areas of your life where you need to acknowledge God's presence?
5. Finish by praying with each other, "God, we know you are with us in these parts of our lives. Even when we don't see it or feel it, we trust that you are with us."

