

# Not Just Robots

Philippians 3:8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ

## Learning to be real with God

- **Make time to pray**

*Daniel 6:10*

- **Pray what is on our hearts**

*Psalm 55:17 Evening, morning and noon I cry out in distress, and he hears my voice.*

*Psalm 62:8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.*

*Psalm 55:22 Cast your burden on the LORD, and he will sustain you*

*1 Peter 5:7 Cast all your anxiety on him because he cares for you.*

- **It is Ok to pray Raw (not polished)**

*1 Samuel 1:13-16 Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk and said to her, "How long are you going to stay drunk? Put away your wine." "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."*

- **Use Emotions as an opportunity (fuel) to know God more (Examples in Psalms)**

Turn to God in our joy and praise Him: Psalm 33

Turn to God in our fear, and trust Him: Psalm 55

Turn to God in our depression, and be open with it: Psalm 88

Turn to God when we are in need of strength: Psalm 27

Turn to God in our failures and find forgiveness: Psalm 51

Turn to God in the injustice of life and gain perspective: Psalm 37, 73

Turn to God in abandonment and find hope: Psalm 22

Turn to God in our emptiness and desire Him to make us satisfied: Psalm 62, 63

Turn to God when we feel beat down: Psalm 42,43

- **Requires us to trust God with our hearts**