



# Psalm 62 + 63



“It is not possible to be spiritually mature while remaining emotionally immature.”

- Pete Scazzero



# Emotional maturity:

the right emotion,  
at the right time,  
with the right amount,  
for the right duration,  
because of the right reason – love.



# Four Essential Movements:



# Four Essential Movements:

1. Go In



# Four Essential Movements:

1. Go In

2. Go Back



# Four Essential Movements:

1. Go In

2. Go Back

3. Go Out





# Four Essential Movements:

1. Go In

2. Go Back

3. Go Out

*4. Go Up*



**We all run somewhere  
with our emotions.**



Trust in Him at all times, O People;  
pour out your heart before Him; God  
is a refuge for us.

**Psalm 62:8**



For God alone my soul waits in  
silence; from him comes my  
salvation. He alone is my rock and  
my salvation, my fortress; I shall not  
be greatly shaken.

**Psalm 62:1-7**



How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? They only plan to thrust him down from his high position.

**Psalm 62:1-7**



They take pleasure in falsehood.  
They bless with their mouths, but  
inwardly they curse.

**Psalm 62:1-7**



For God alone, O my soul, wait in  
silence, for my hope is from him. He  
only is my rock and my salvation,  
my fortress; I shall not be shaken.  
On God rests my salvation and my  
glory; my mighty rock, my refuge is  
God.

**Psalm 62:1-7**



# Three Reasons to “Go Up”:





# Three Reasons to “Go Up”:

1. God is a refuge for His people.



On God rests my salvation and my  
glory; my mighty rock, my refuge is  
God.

**Psalm 62:7**



# Three Reasons to “Go Up”:

1. God is a refuge for His people.



He only is my rock and my salvation,  
my fortress; I shall not be shaken.

Psalm 62:6



Put no trust in extortion; set no vain hopes on robbery; if riches increase, set not your heart on them.

**Psalm 62:10**



“[Christian] hope is not in a system of strategies we can enact [to deal with negative emotions] but in a Savior and Shepherd and ever-present help in time of need



who sees us, knows us, loves us, and actually has the power, right here and right now, to help us with the turmoil of our hearts.”

- Alasdair Groves + Winston Smith



# Three Reasons to “Go Up”:

1. God is a refuge for His people.





# Three Reasons to “Go Up”:

1. God is a refuge for His people.

2. God redeems our emotions.



He alone is my rock and my  
salvation, my fortress; I shall not be  
greatly shaken.

- Psalm 62:2

He only is my rock and my salvation,  
my fortress; I shall not be shaken.

- Psalm 62:6 

How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse.

**Psalm 62:3-4**



Those of low estate are but a breath;  
those of high estate are a delusion;  
in the balances they go up; they are  
together lighter than a breath.

**Psalm 62:9, 11-12**



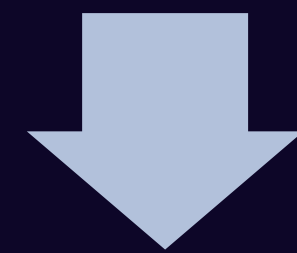
Once God has spoken; twice have I heard this: that power belongs to God, and that to you, O Lord, belongs steadfast love. For you will render to a man according to his work.

**Psalm 62:9, 11-12**

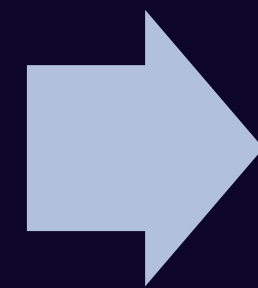


# Emotional Maturity:

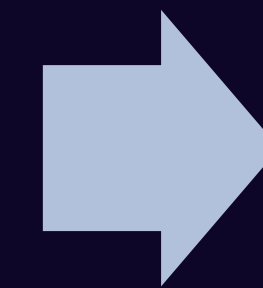
RENEWAL



EXPERIENCE



EVALUATION



EMOTION



# Three Reasons to “Go Up”:

1. God is a refuge for His people.

2. God redeems our emotions.



# Three Reasons to “Go Up”:

1. God is a refuge for His people.
2. God redeems our emotions.
3. God gives us more of Himself.





O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory.

**Psalm 63:1-7**



Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips,

**Psalm 63:1-7**



when I remember you upon my bed,  
and meditate on you in the watches  
of the night; for you have been my  
help, and in the shadow of your  
wings I will sing for joy.

**Psalm 63:1-7**



The primary and central reason we bring our emotions up to God is to get more of God Himself.



And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**Romans 8:28**



And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son....

**Romans 8:28-29**



# Three Reasons to “Go Up”:

1. God is a refuge for His people.
2. God redeems our emotions.
3. God gives us more of Himself.



“If we view difficult emotions as problems to be solved, we will end up looking for answers that will work rather than pursuing relationship with God, regardless of immediate outcome.”

- **Dan Allender**







# Two Steps to “Going Up”:



# Two Steps to “Going Up”:

1. Pour out your heart to God.



Trust in Him at all times, O People;  
pour out your heart before Him; God  
is a refuge for us.

**Psalm 62:8**



“All of us are easily presumptuous, blind to the privilege offered us in God’s call to pour out our hearts. Imagine, the Father himself cares what you think and invites you to earnest conversation with him at any time, for as long as you need.”

- **Groves + Smith**



# Two Steps to “Going Up”:

1. Pour out your heart to God.



# Two Steps to “Going Up”:

1. Pour out your heart to God.

2. Wait on the Lord.



For God alone my soul waits in  
silence; from him comes my  
salvation.

**Psalm 62:1**





“My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

**Matthew 26:39**



# Two Steps to “Going Up”:

1. Pour out your heart to God.

2. Wait on the Lord.



**Go Up to Go Forward**

