

# Review of David the Worship Leader

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## Understanding Honest Emotions in Prayer

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on the lesson about David and his psalms.

1. What did David express through his psalms?

- A. Joy only
- B. Honest emotions
- C. Only happy feelings

2. David wrote psalms that showed feelings like \_\_\_\_ and fear.

3. Why is it healthy to bring our struggles to God in prayer?

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4. Match the emotion to the type of psalm David wrote about it.

Sadness

Lament Psalm

Fear

Praise Psalm

5. What does Psalm 13:1-2 express?

- A. Joy and happiness
- B. Honesty in sadness
- C. Excitement about the future

6. God wants us to be \_\_\_\_ in prayer.

7. Have you ever felt sad or worried? How can you talk to God about your feelings?

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8. Is it okay to tell God when we are struggling?

- A. No, we should hide our feelings
- B. Yes, it's healthy and good
- C. Only if we are happy

9. The memory verse is found in Psalm \_\_\_\_:1.

10. What do lament psalms show about emotional health?

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### Answer Key

1. Honest emotions 2. sadness 3. It shows that we trust Him and helps us feel better. 4. Lament Psalm 5. Honesty in sadness 6. honest 7. Yes, I can pray and tell Him how I feel. 8. Yes, it's healthy and good 9. 110 10. They show that it's okay to express sadness and seek help.