

## The Psalmist...

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- He had the same problems that we have today.
- He went to God in prayer with his problems.
- He was open and honest with God about his problems.
- He trusted that God would help him with his problems.
- He was willing to admit any sin that was in his life and he sought God's forgiveness.
- He longed to have God's word in his life.
- He continued to praise and worship God in bad times.
- He did not retaliate against his enemies, but asked God to punish them.
- He never lost his faith in God or blamed God even though he was hurting greatly.

## Dear Reader...

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- Read daily and regularly.
- Read during a period of quiet time and without distractions.
- Read out loud so you can hear the beauty of the words.
- Read to learn how to be like the Psalmist in reacting to difficult times and read them to others.

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Assembly Times  
Sunday: 9:30 am, 10:30 am, 5 pm  
Wednesday: 7 pm

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## He Lifted Me Out of the Pit

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*Reading from the Book of Psalms  
for Better Mental Health  
and Wellness*

by  
Chris Reeves  
2023

## Psalms for Better Mental Health and Wellness

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*I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.*

*- Psalm 40:1-3 -  
(NLT)*

Note to the reader: All 150 psalms are included here and categorized for your convenience.

- **Psalms for Affliction, Anxiety, Death, Enemies, Fear, Grief, Hurt, and Trouble:** 5-7, 9, 12-13, 17-18, 20, 22, 28, 30-31, 34-35, 38, 41-44, 54-55, 57, 59-64, 69-70, 77, 83, 88, 102, 109, 116, 118, 120, 123-124, 129, and 140-144.
- **Psalms for Assurance and Protection from God:** 21, 23, 25, 46, 61, and 139.
- **Psalms for Hope and Trust:** 3-4, 27, 56, 86, 91, and 131.
- **Psalms for Identifying the Righteous Life and the Wicked Life:** 1, 10-11, 14, 24, 26, 36-37, 40, 50, 53, 58, 72-73, 75, 82, 101, 112, and 125.
- **Psalms for Guidance in Life:** 16, 39, 49, 71, and 90.
- **Psalms for Family:** 127 and 128.
- **Psalms for Forgiveness:** 32, 51, and 130.
- **Psalms for God's Word:** 19 and 119.
- **Psalms for the Greatness and Goodness of God:** 2, 29, 33, 47-48, 66-67, 92-93, 97, 103, 108, 110-111, 113, 115, 117, and 145.
- **Psalms for God's Care Over His Creation:** 65, 104, and 148.
- **Psalms for God's Care Over His People:** 68, 74, 76, 78-81, 85, 87, 89, 94, 99, 105-107, 114, 121, 126, and 135-137.
- **Psalms for Praise and Worship:** 84, 95-96, 98, 100, 122, 132, 134, 138, and 146-150.
- **Psalms for Self-Esteem:** 8 and 45.
- **Psalm for Unity:** 133.