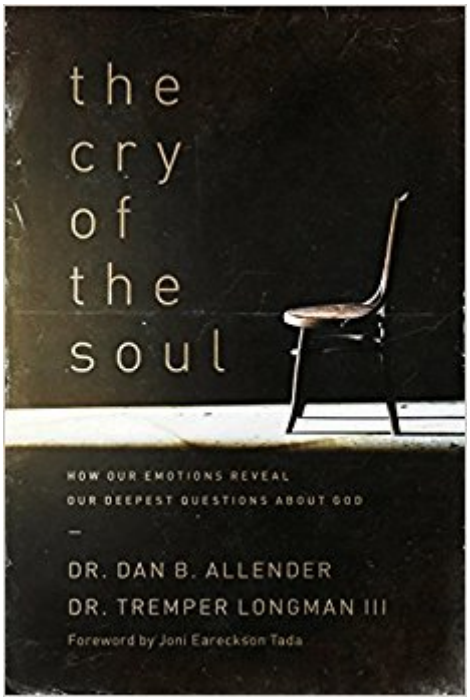
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The Cry Of The Soul: How Our Emotions Reveal Our Deepest Questions About God



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Synopsis

An excerpt from the foreword by Joni Eareckson Tada: Ã¢â ¬Å“With the book you are holding, you have stumbled upon the best of guides. I should know. I first read The Cry of the Soul decades ago when I was still sorting through a lot of hurt and frustration connected with my quadriplegia (yes, I read it on that music stand holding a mouth stick). The Cry of the Soul showed me what to do with my anger and hurtÃ¢â ¬â ¢not stuff it under the carpet of my conscience, or minimize it, but actually do something good with it.Ã¢â ¬Â•All emotionÃ¢â ¬â ¢whether positive or negativeÃ¢â ¬â ¢can give us a glimpse of the true nature of God. We want to control our negative emotions and dark desires. God wants us to recognize them as the cry of our soul to be made right with Him. Beginning with the Psalms, Cry of the Soul explores what Scripture says about our darker emotions and points us to ways of honoring God as we faithfully embrace the full range of our emotional life.

Book Information

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Customer Reviews

Allender (The Wounded Heart), professor and counselor at Colorado Christian University, and Longman (How To Read the Psalms), professor of Old Testament at Westminster Theological Seminary, have successfully combined their areas of expertise to produce an excellent piece of scholarship suitable equally for the layperson and the theologian. Using the Psalms and studying the emotions of anger, fear, envy, despair, contempt and shame, the authors lay out the thesis that "Exploring God’s ways in light of the darker emotions reveals that He uses silence, abandonment, and assault to win our hearts for His glory." But this book is not to be mistaken for a fix-it manual for

our darker emotions. Quite the contrary. It is instead a focusing tool for the consideration of what emotions reveal about how people deal with their relationship with God and with the pursuit of God as a "Person to be praised" rather than as some subordinate "Servant of our healing." Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Exactly what we need in a world of declining civility where pain, grief, and suffering seem to be increasing almost beyond our capacity to cope. -- Ann Applegarth, Virtue, February 1995 --This text refers to an out of print or unavailable edition of this title.

This is my first time reading one of Dr. Allender's books. I'm a fan of his podcasts and blog through the Allender Center. This book is dense and not in pages but in content. I had it only for a few days, and I feel what it has exposed in my heart towards God is invaluable. A must read for anyone I think. This book really draws a beautiful connection between our emotions and how they play into how we view God. I would say this book gives you a detailed "thermometer" of where your heart is at with God based on your emotions.As a recommendation, don't just breeze through this book letting the words go through your eyes and out your eyes so to speak. Take time to process what Dr. Allender and Dr. Longman have to say. It can be easy to want to move quickly through the book because they're talking about things that our hearts want to hide from and skip over. But I encourage anyone who picks up this book to take a deep breath, sit through the uncomfortable moments (hug the cactus), and sip in the goodness and wisdom these men have brought together in this book.

I'm naturally an introspective person, particularly when it come to my negative emotions, and I've long taken those troublesome feelings to God in prayer. But this book totally changed the way I pray about these emotions, and provided me with so many helpful insights. I highly recommend it for anyone who wants to grow.This is one of those books that you don't want to read more than a chapter or two of at a time. You need to stop and think and pray. It's that good. I'm glad I read this book early in my marriage, because its insights are still helping me through the turmoil of being so emotionally close.An outline of the content:Cry of the Soul models the major negative emotions as responses to three different relational movements: against, away, toward. Each movement can provoke a fight response or a flight response:--movement against = attack ==> anger or fear--movement away = abandonment ==> jealousy or despair--movement toward = love ==>

contempt/shameThe authors treat each emotion in two chapters, one on its ungodly manifestation and one on its Godly version. They lovingly confront the reader with insightful truths, and provide helpful counsel on how to pray through emotions in a way that truly puts God at the center.It’s not a how-to book, but a book of wise confrontation and hope. Invest the time it takes to read Cry of the Soul, and you will be richly rewarded.

Anger, fear, jealousy, despair. These are bad emotions, right? These are emotions to be avoided at all costs, right?I discovered a few years ago that I was a really angry person and that I hurt people when I was angry. Solution? Avoid anger no matter what.Not so fast! Allender and Longman point out that emotions are God-given, a gift from our Creator. And while it is true that our emotions have been corrupted by our sinful nature, they actually have a divine purpose. Cutting ourselves off completely from our emotions will hinder our spiritual growth and short-circuit our relationship to God.Well that wasn’t exactly news I was overjoyed to hear. I have spent considerable time and effort teaching myself to be unemotional. Now I learn that, not only have I been wasting my time, I have been at cross-purposes with God. At least Allender and Longman have provided me with some tools to get myself straightened-out. (I really didn’t think I was doing all that great anyway.)But now I can do better, and so can you. I can let these emotions draw me closer to the Lord and my fellow humans. We have the technology and it’s in this book!

This book is core to understanding what our emotions are really telling us. So many times we are encouraged to develop coping strategies to manage our emotions. This does not address our core issue. This book opens up the core issues and drives them into the healing work of the Gospel. It actually describes the Gospel in a way that shows its power all the more. A must read for anyone for themselves or if they are listening to a friend. If you are in a position where you listen to others, please read this!

This is such a great book. It helped in a way a way I did not expect. It helped me deal with the hidden child in me. So worth it.

This is a book not just about feelings as we normally view them. Most books on anger consider anger a negative emotion that we need to get rid of. Something that just isn’t good for us. Even religious books on this topic give you the 1 -10 methods of how to reduce this feeling or entirely remove it. "Cry of the Soul" takes a different approach. It is a God given emotion and even Jesus

became angry when confronted with actions that opposed His Father's wishes. Anger in some books is ok if it is used in response to injustice . This is an in depth study of what anger means to us and how to identify it and the rational behind the emotion and how we can get closer to God by using the emotions he gave us..

This book gave me a lot of perspective and resolved many of the misconceptions I've had about God and his character. This book is so worth reading, highlighting, and using as a catalyst to dive deeper into our relationship with the Creator.

Thought-provoking and needs to be read slowly to allow time to digest the concepts. I am learning a lot about myself.

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