

## [Go ahead and read Psalms](#)

"Hi, how are you?" "Fine." Not exactly an "in depth" discussion, this brief interchange is normal as friends and acquaintances pass and briefly touch each other with a cliché or two. Actually, clichés are a way of life, saturating sentences and permeating paragraphs. But if this is the essence of our communication, our relationships will stall on a superficial plateau. Facts and opinions also fill our verbiage. These words go deeper, but the true person still lies hidden beneath them. In reality, only when honest feelings and emotions are shared can real people be known, loved, and helped.

Often, patterns of superficial communication spill over into our talks with God. We easily slide through well-worn lines recited for decades, or we quickly toss a cliché or two at God and call it prayer. Certainly God hears and understands these feeble attempts, but by limiting the depth of our communication, we become shallow in our relationship with him. But God knows us, and he wants to have genuine communication with us.

At the center of the Bible is the book of Psalms. This great collection of songs and prayers expresses the heart and soul of humanity. In them we find the whole range of human experiences expressed. This book holds no clichés. Instead, David and the other writers honestly poured out their true feelings, reflecting a dynamic, powerful, and life-changing friendship with God. The psalmists confess their sins, express their doubts and fears, ask God for help in times of trouble, and praise and worship him.

As you read the book of Psalms, you will hear believers crying out to God from the depths of despair, and you will hear them singing to him in the heights of celebration. But whether the psalm writers are despairing or rejoicing, you will always hear them sharing honest feelings with their God. Because of the honesty expressed by these writers, men and women throughout history have come, again and again, to the book of Psalms for comfort during times of struggle and distress. And through the Psalms, they have risen from the depths of despair to new heights of joy and praise as they also discovered the power of God's everlasting love and forgiveness. Let the honesty of the psalms guide you into a deep and genuine relationship with God.