

“God’s Antidote To Damaged Emotions”

Introduction:

Psalm 23:3 (NIV) “He restores my soul...”

- Fatigue; failure; frustrations; _____.

THREE CHANGES FOR GOD TO RESTORE MY SOUL

1. LET GOD _____ MY _____.

Psalm 38: 4.6 (NIV) “My guilt has overwhelmed me like a burden too heavy to bear...I am bowed down and brought low; all day long I go about mourning.”

- Two problems with guilt:
 1. We all have _____ to feel guilty.
 2. Guilty conscience is located in our _____.

Proverbs 20: 27 (TEV) “The Lord gave us a mind and a conscience. We cannot hide from ourselves.”

- Seven ways to deal with guilt
 1. _____ it!
 2. _____ it!
 3. _____ it!
 4. _____ it!
 5. _____ others!
 6. _____ ourselves up!
 7. _____ it to God!

Romans 3: 23-24 (LB) “All have sinned...yet now God declares us not guilty of offending Him if we trust in Jesus Christ, who in His kindness freely takes away our sins.”

- We don't
 1. **B** _____
 2. **B** _____
 3. **B** _____
 4. We do **B** _____

2. LET GOD _____ MY _____

Psalms 31: 9 (LB) "O Lord, have mercy on me in my anguish. My eyes are red from weeping; my health is broken with sorrow..."

- Three things, David shares in II Samuel 12
 1. _____ what cannot be changed.
 2. _____ it down; _____ it up.
 3. _____ on what is left, not on what is _____.
- Don't' choose to remain in the prison of your _____.

3. LET GOD _____ MY _____.

Job 5: 2 (TEV) "To worry yourself to death with resentment would be a foolish, senseless thing to do."

- The resentments of life make me either _____ or _____.
- Resentment hurts you only if you choose to _____ it.

Ephesians 4: 31-32 (TEV) "Get rid of all bitterness...instead be kind and tenderhearted to one another, and forgive one another, as God has forgiven you through Christ."

- Martin Luther King Jr said, "Bitterness is _____."
- Jesus, The Good Shepherd specializes in new _____!

- The Good Shepherd alone

1. Removes my _____.

2. Relieves my _____.

3. Replaces my _____.