

TOO BLESSED TO BE STRESSED...

By Damaged Emotions Psalm 23 (Pew Bible Page 392)

"He restores my soul" Psalm 23:3

THE PATH TO EMOTIONAL HEALING

"Unfortunately, damaged emotions can and do have a profound effect on every area of our life—especially relationships"

1. LET GOD REMOVE MY GUILT

"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" Psalm 38:4,6

"The Lord gave us a mind and a conscience. We cannot hide from ourselves" Proverbs 20:27

"All of us have sinned...yet God declares us not guilty IF we trust in Jesus Christ, who in mercy freely takes away our sins." Romans 3:23-24 (LB)

"He has forgiven ALL of your sins, he has utterly wiped out the evidence of broken commandments which always hung over our heads and completely annulled it by nailing it to the cross." Colossians 2:13-14

2. LET GOD RELIEVE MY GRIEF

"Lord have mercy, because I am in misery. My eyes are weak from so much crying and my whole being is tired from grief." Psalm 31:9 (NCV)

3 Things to Do: 2 Samuel 12

1. Accept what CANNOT BE CHANGED

"Then David got up from the ground...He said, 'While the child was still alive, I fasted and wept... but now that he is dead, why should I fast? Can I bring him back to life?'" 2 Samuel 12:22-23

2. Play IT DOWN and Pray IT UP

"After he had washed, put on lotions, and changed his clothes, he went into the house of the Lord and worshipped." 2 Samuel 12:20

3. Focus on WHAT'S LEFT not WHAT'S LOST

"Then David comforted his wife Bathsheba and he went to her and lay with her. She gave birth to a son, and they named him Solomon." 2 Samuel 12:24

"To all who mourn...he will give beauty for ashes joy instead of mourning; praise instead of heaviness" Isaiah 61:3 (LB)

3. LET GOD REPLACE MY GRUDGES

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

"You are only hurting yourself with your anger." Job 18:4 (GN)

"Dear friends, never avenge yourselves. Leave that to God, for He said he will repay those who deserve it" Romans 12:19 (LB)

"Get rid of all bitterness...forgiving each other just as in Christ God forgave you." Ephesians 4:31-32

"Put your heart right, reach out to God...then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

Job 11:13-16