

TOO BLESSED TO BE STRESSED...

By Life's Hurts

Psalm 23 (Pew Bible Page 392)

*"You prepare a table before me in the presence of my enemies,
You anoint my head with oil; my cup overflows."
Psalm 23:5*

WHAT NOT TO DO WHEN YOU HURT

1. DON'T IGNORE IT

*"I kept very quiet...but I became even more upset. I became very angry inside and as I thought about it, my anger burned."
Psalm 39:2-3 (NCV)*

2. DON'T RUN FROM IT

*"I wish I had wings like a dove. Then I'd fly away and rest. I would hurry to my place of escape..."
Psalm 55:6-8 (NCV)*

3. DON'T HIDE YOUR HURIT

*"When I kept things to myself, I felt very weak deep inside me. I moaned all day long."
Psalm 32:3 (NCV)*

4. DON'T WORRY ABOUT IT

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

5. DON'T RESENT IT

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

WHAT GOD SAYS TO DO WHEN YOU HURT

1. LET JESUS SETTLE THE SCORE

"You prepare a table before me in the presence of my enemies"

*"Never payback evil for evil...never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it."
Romans 12:17-19 (LB)*

*"Blessed are the merciful, for they will be shown mercy."
Matthew 5:7*

2. LET JESUS SOOTHE MY WOUNDS

"You anoint my head with oil"

"God heals the brokenhearted and bandages their wounds."

Psalm 147:3 (NCV)

3. LET JESUS SATISFY MY NEEDS

"My cup overflows"

MY CUP WILL OVERFLOW...

WITH HOPE

"God will help you overflow with hope in him through the Holy Spirit's power within you."

Romans 15:13 (LB)

WITH LOVE

"May the Lord make your love to grow and overflow"

1 Thessalonians 3:12 (LB)

WITH JOY

"Ask, using my name, and you will receive, and your cup of joy will overflow"

John 16:24 (LB)

Do you want to be healed?

John 5:1-5