

January 8, 2023

Speaker: Pastor Tim McCardel

Message Series: Stressbusters: Psalm 23

Today's Message: God's Antidote To Damaged Emotions

Three Truths:

1) All of us get beat up by failure, fatigue, frustrations, and fears; so we all need restoration from God.

Psalm 23:3 "He restores my soul."

3 John 1:2-4

2) God isn't trying to fix us; He wants a relationship with us. ~Soul Care

3) "God often sends a crisis to move us; to stop us in our self-seeking, list less, lazy ways."

~Oswald Chambers

John 3:30

The Path To Emotional Healing:

1. Let God Remove My Guilt and Shame

Psalm 38:4-6

Proverbs 20:27

"Spirit" (Hebrew: nesamah): "the inner spiritual part of human life that God breathed (Genesis 2:7) and so makes us spiritual beings." ~Ross

Colossians 2:13, 14, 20

2. Let God Relieve My Guilt and Shame

Psalm 31:1, 2, 8, 9

2 Steps David Took:

1) Accept what cannot be changed (When his child died)

2) Focus on what's Left, not what's Lost (David comforted his wife)

Isaiah 61:3

A Choice: To remain a prisoner to your pain or to be healed and delivered.

3. Let God Replace My Resentment (Self Focus) With A Focus on God's Heart

Psalm 63:1-5

Psalm 63:6-8

Ephesians 4:31, 32

The Answer: Only loving God first and glorying in Him restores and satisfies our souls, and Our Father desires to be loved and adored.

◆ "We are most satisfied when God is most glorified." ~Piper

New Year Theme: Our Best For His Glory