

## Psalm 23

God's Solution to an Overwhelming Life

*Lesson Three*

### God's Solution To Damaged Emotions

The Lord is my shepherd; I shall not want. He makes me to lie down  
in green pastures; He leads me beside the still waters. He restores my soul.  
Psalm 23:1-3a

#### Do You Have a “Cast Down” Soul? Are You “Cast Down” Emotionally?

*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God;  
for I shall again praise him, my salvation and my God. ~David, Psalm 42:11 ESV*

#### What Causes Damaged Emotions?

GUILT, GRIEF, and GRUDGES are three things that will keep you  
“cast down” emotionally.

#### God's Solution to Damaged Emotions

### 1. Let God REMOVE Your Guilt with His Forgiveness!

*My guilt has overwhelmed me like a burden to heavy to bear...I am bowed down and  
brought very low; all day long I go about mourning. Psalm 38:4 & 6 NIV*

#### **People Try Many Options to Deal with Guilt**

- You can DENY it.
- You can MINIMIZE it.
- You can COMPROMISE it.
- You can RATIONALIZE it.

#### **Only One Solution that Works**

Give your guilt to God and let Him remove it with His FORGIVENESS.

*For all have sinned and fall short of the glory of God, and are justified freely by His grace  
through the redemption that came by Christ Jesus. Romans 3:23-24 NIV*

### 2. Let God RELIEVE Your Grief with His Grace!

*Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief;  
my soul and my body also. Psalm 31:9 ESV*

#### **Like David, When You're Grieving...**

- Reaffirm your TRUST in God's goodness and grace through worship. 2Sam. 12:20
- Accept what can't be CHANGED. 2Sam. 12:22-23
- Focus on what's LEFT not what's lost. 2Sam. 12:24

### 3. Let God REPLACE Your Grudges with His Justice!

#### **What Should You Do with Your Grudges?**

- Don't AVENGE yourself; leave vengeance to God.

*Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written,  
“Vengeance is mine, I will repay, says the Lord.” Romans 12:19 ESV*

- Do FORGIVE those who have hurt you just as God has forgiven you.

*Get rid of all bitterness...Be kind and compassionate to one another,  
forgiving each other, just as in Christ God forgave you. Eph. 4:31-32 NIV*

#### **When It Comes to Soul Restoration...**

You can restore many things, but only GOD can restore your soul and that's why you  
need a relationship with the Lord as your Savior and Shepherd!