

Psalm 23

God's Solution to an Overwhelming Life

Lesson Six

God's Solution to Your Hurt

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

Because We Live in a Sin-Filled World...

You are going to be HURT in life!

But the deepest hurts you will experience often come from PEOPLE!

God's Solution to Your Hurt:

1. Let the Lord SETTLE The Score!

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

There's Only One Way to Find Healing from Hurt

Accept the Lord's invitation to dine at the table of FORGIVENESS, not revenge!

*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*

Why should I forgive those who have hurt me? Because...

- God expects you to forgive JUST AS He has forgiven you.
- Resentment makes you MISERABLE.
- You are going to NEED forgiveness yourself in the future.

2. Let the Lord SOOTHE Your Wounds!

"You anoint my head with oil"

Shepherds Put Oil On Sheep's Heads for Two Reasons:

- To soothe their irritations during "FLY TIME".
- To soothe their wounds during "SCAB TIME".

Every Wound Leaves a Scar, and with Every Scar Comes a Choice

When you see the scar you can either remember your HURT or you can remember your HEALER!

"He heals the brokenhearted and binds up their wounds." Psalm 147:3 NIV

3. Let the Lord SATISFY Your Needs!

"My cup runs over"

Empty or Overflowing?

Satan wants you to live your life with an EMPTY cup, but Jesus wants to fill your cup to OVERFLOWING!

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. I am the good shepherd. The good shepherd lays down his life for the sheep." ~Jesus, John 10:10-11 NIV

What will the Lord overflow my cup with?

- My cup will overflow with HOPE. *Rom. 15:13*
- My cup will overflow with LOVE. *1Thess. 3:12*
- My cup will overflow with JOY. *John 16:24*