

Coping With Stress – Psalm 23 - Part 3
"GOD'S ANTIDOTE TO DAMAGED EMOTIONS"

"He restores my soul" Ps. 23:3

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." Ps. 38:4, 6 (NIV)

"The Lord gave us a mind and a conscience. We cannot hide from ourselves." Prov. 20:27 (GN)

How we handle guilt:

Deny Minimize Compromise

Rationalize = Rational Lies Blame Punish ourselves

"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." Rom. 3:23-24 (LB)

"He has forgiven all 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!" Col. 2:13-14 (Ph)

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." Ps. 31:9 (NCV)

3 things to do: 2 Sam. 12

* 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 Sam. 12:22-23 (NIV)

* 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 Sam. 12:20b (NIV)

* Focus on what's left

"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 Sam. 12:24 (NIV)

"To all who mourn, he will give beauty for ashes; joy instead of mourning, praise instead of heaviness." Isa. 61:3

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 has said He will repay those who deserve it." Rom. 12:19 (LB)

"Why are you cast down, O my soul? Hope in God: for I shall yet praise him for the help of his countenance." Psalm 42:5

"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 (GN)