

God's Promise And My Emotions
#SermonEmotions
God's Promises To The Stressed - Part 3
Dr. Mark Jackson - May 3, 2020

Psalm 23:3a He restores my soul... (NIV)

How To Have My Soul Restored

1. LET GOD _____

Psalm 31:9 Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief. (NCV)

3 Things To Do Based On 2 Samuel 12

1. Give _____

2 Samuel 12:16 David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. (NIV)

2. Accept _____

Matthew 5:4 Blessed are those who mourn, for they will be comforted. (NIV)

2 Samuel 12:20-23 Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshipped. Then he went to his own house, and at his request they served him food, and he ate.²¹ His servants asked him, "Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!"²² He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.'²³ But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me." (NIV)

3. Focus on _____ **not** _____

2 Samuel 12:24 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. The LORD loved him. (NIV)

Isaiah 61:3 To those who have sorrow... I will give them a crown of beauty instead of ashes. I will give them the oil of joy instead of sorrow, and a spirit of praise instead of a spirit of no hope... (NLV)

2. LET GOD _____

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

Romans 12:19 Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it... (LB)

Ephesians 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. (NLT)

3. LET GOD _____

Psalms 38:4 My guilt overwhelms me— it is a burden too heavy to bear. (NLT)

Proverbs 20:27 The Lord gave us a mind and a conscience. We cannot hide from ourselves. (TEV)

Proverbs 28:13a You will never succeed in life if you try to hide your sins. (TEV)

Psalms 32:3-4 There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration.⁴ All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day. (LB)

Proverbs 19:3 People's own foolishness ruins their lives, but in their minds they blame the Lord. (NCV)

Psalms 38:5-6 Because of my foolishness, I am covered with sores that stink and spread.⁶ My body is twisted and bent, and I groan all day long. (CEV)

Romans 3:23-24 Yes, all have sinned; all fall short of God's glorious ideal;²⁴ yet now God declares us "not guilty" of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins. (LB)

Romans 4:7-8 Happy are they whose sins are forgiven, whose wrongs are pardoned.⁸ Happy is the person whom the Lord does not consider guilty. (NCV)

Job 11:13-16 Put your heart right, reach out to God...¹⁴ Put away evil and wrong...¹⁵ Then face the world again, firm and courageous.¹⁶ Then all your troubles will fade from your memory, like floods that are past and remembered no more. (TEV)