



Part 4 - How God Restores My Soul

***The Lord is My Shepherd,
I have everything I need. He makes
me lie down in green pastures;
He leads me beside still waters.
He restores my soul.***

- Psalm 23:1-3

My Soul is the
Part of Me That
Chooses, Thinks,
and Feels

**WHAT
DAMAGES
MY SOUL?**

1. Guilt

***My guilt has overwhelmed me like
a burden too heavy to bear...
I'm bowed down and brought low;
all day long I go about mourning.***

- Psalm 38:4,6

***The Lord gave us a mind
and a conscience; we can't hide
from ourselves.***

- Proverbs 20:27

2. Grudges

***To worry yourself to death with
resentment would be a foolish,
senseless thing to do.***

- Job 5:2 GNT

***You are only hurting yourself
with your anger.***

- Job 18:4 GNT

3. 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.

- Psalm 31:9 NCV

BODY

SOUL

SPIRIT

SPIRIT

SOUL

BODY

**HOW JESUS
RESTORES ME
& HOW I SHOULD
RESPOND**

1. He Turns Sin into Salvation

He was wounded and crushed for our sins. He was beaten and took our punishment so that we might have peace. And through his wounds, our wounds are healed!...

- Isaiah 53:5-6

...All of us have strayed away like sheep. We have left God's paths to follow our own. Yet the Lord laid on him the guilt and sins of us all.

- Isaiah 53:5-6

- **Trust**

***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.***

- Romans 3:23-24

2. He Turns Hurt into Hope

***We know that in all things God works
for the good of those who love him,
who have been called according to
his purpose.***

- Romans 8:28 NIV

God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son...

- Romans 8:29-30 MSG

...The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.

- Romans 8:29-30 MSG

***Don't you see, you planned evil against me, but God used those same plans for my good, as you see all around you right now—
life for many people.***

- Genesis 50:20 MSG

- **Release**

***Get rid of all bitterness...
forgiving each other just as in
Christ, God forgave you.***

- Ephesians 4:31-32

***Never avenge yourselves.
Leave that to God, for He has said
He will repay those who deserve it.***

- Romans 12:19 LB

3. He Turns Sorrow into Joy

He was despised and rejected by others. He was a man of sorrows, who endured much pain and suffering; He experienced deep grief, but we ignored him and looked the other way...

- Isaiah 53:3-4

***...He was hated, and we did not care.
Yet it was our weaknesses that he
was carrying, and it was our sorrows
that weighed him down.***

- Isaiah 53:3-4

***He heals the brokenhearted
and binds up their wounds.***

- Psalm 147:3 NIV

***To all who mourn... he will give:
beauty for ashes; joy instead of
mourning; praise instead of
heaviness.***

- Isaiah 61:3 LB

- **Rest**

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest...

- Matthew 11:28-30 MSG

***...Walk with me and work with me—
watch how I do it. Learn the unforced
rhythms of grace. I won't lay anything
heavy or ill-fitting on you.***

***Keep company with me and you'll
learn to live freely and lightly.***

- Matthew 11:28-30 MSG