

CAN GOD HELP ME WHEN I HURT?

God, Who? — Part 4

“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 (NCV/NIV)

Our soul: is the part of us that **THINKS**, **CHOOSES** and **FEELS**.

WHAT KINDS OF THINGS DAMAGE OUR SOUL?

1. Holding **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)

2. Carrying around **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

3. Not dealing with **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)

HOW DOES GOD RESTORE OUR SOUL?

1. He brings **GOOD** out of bad.

“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 protects me like a strong, walled city, and he loves me. He is my defender and my savior, my shield and my protection...” Psalm 144:2 (NCV)

2. He takes my **SIN** on Himself

“5 He was wounded and crushed because of our sins; by taking our punishment, he made us completely well. 6 All of us were like sheep that had wandered off. We had each gone our own way, but the LORD gave him the punishment we deserved.” Isaiah 53:5-6 (CEV)

“7He was beaten down and punished, but he didn’t say a word. He was like a lamb being led to be killed. He was quiet, as a sheep is quiet while its wool is being cut; he never opened his mouth. 8Men took him away roughly and unfairly...He was put to death; he was punished for the sins of my people. 9He was buried with wicked men, and he died with the rich. He had done nothing wrong, and he had never lied. 10 But it was the LORD who decided to crush him and make him suffer. The LORD made his life a penalty offering... 11 After his soul suffers many things, he will see life and be satisfied. My good servant will make many people right with God; he will carry away their sins. 12 ...He willingly gave his life and was treated like a criminal. But he carried away the sins of many people and asked forgiveness for those who sinned.” Isaiah 53:7-12 (CEV)

3. He feels my grief and **HEALS** my heart.

“4 He was hated, and men would have nothing to do with Him, a man of sorrows and suffering, knowing sadness well. We hid, as it were, our faces from Him. He was hated, and we did not think well of Him. 5 For sure He took on Himself our troubles and carried our sorrows.” Isaiah 53:3-4a (CEV)

“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)

HOW SHOULD WE RESPOND?

1. Trust God to **FORGIVE** my sins.

“23 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.” Romans 3:23-24 (TLB)

2. **RELEASE** the people who have offended me and focus on the future.

“31 Get rid of all bitterness... 32 ...forgiving each other just as in Christ God forgave you.” Ephesians 4:31-32 (NIV)

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

3. **PARTNER** with Jesus to carry my load.

“When you go through deep waters, I will be with you! When you pass through rivers of difficulty, you will not drown! When you walk through the fire, you will not be burned up; it will not consume you!” Isaiah 43:2 (NLT/NIV)

“The law of the Lord is perfect, restoring the soul.” Psalm 19:7 (NAS)