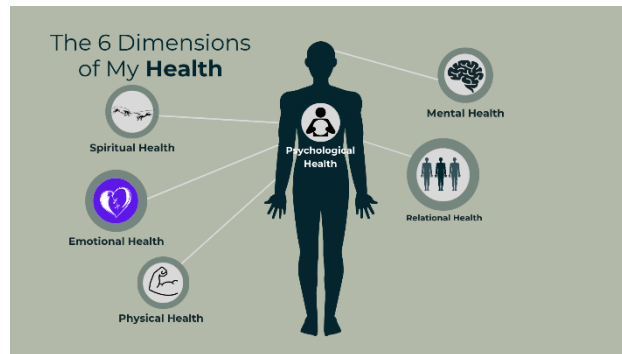


HEALING FOR A WOUNDED HEART

RESTORE: Part 5

November 2, 2025

Pastor Brian



"The Lord is my shepherd; I have everything I need. He lets me REST in green pastures. He leads me to CALM water. He REFRESHES and RESTORES my life." (Psalm 23:1-3a, NCV/AMP)

WHAT NOT TO DO WHEN YOU'RE HURTING

1. DON'T RUN FROM IT.

"I said, 'I wish I had wings like a dove. Then I would fly away and rest. I would wander far away and stay in the desert. I would hurry to my place of escape, far away from the wind and storm.'" (Psalm 55:6-8, NCV)

2. DON'T REPRESS IT.

"So I kept very quiet. I didn't even say anything good, but I became even more upset. I became very angry inside, and as I thought about it, my anger burned." (Psalm 39:2-3, NCV)

"When I kept it all inside, my bones turned to powder, my words became daylong groans." (Psalm 32:3, MSG)

3. DON'T REHEARSE IT.

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

"You are only hurting yourself with your anger." (Job 18:4a, GNB)

WHAT GOD SAYS TO DO WHEN YOU'RE HURTING

Psalm 23:5-6

1. LET JESUS SETTLE THE SCORE.

"You prepare a table before me in the presence of my enemies." (Psalm 23:5a, NIV)

"Never pay back evil for evil...never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it." (Romans 12:17-19a, The Living Bible)

"Blessed are the merciful, for they will be shown mercy." (Matthew 5:7, NIV)

2. LET JESUS HEAL MY WOUNDS.

"You anoint my head with oil." (Psalm 23:5b, NIV)

"He heals the brokenhearted and bandages their wounds." (Psalm 147:3, NCV)

3. LET JESUS SATISFY MY NEEDS.

"My cup overflows." (Psalm 23:5c, NIV)

MY CUP WILL OVERFLOW...

"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." (Psalm 23:6, NIV)

- WITH GOODNESS.

"You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy," (Psalm 30:11, NLT)

- WITH MERCY.

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." (Lamentations 3:22-23, ESV)

- WITH HOPE.

"He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." (Revelation 21:4, NLT)

ACTION STEPS

Surviving the Holidays Seminar
Solutions Biblical Counseling