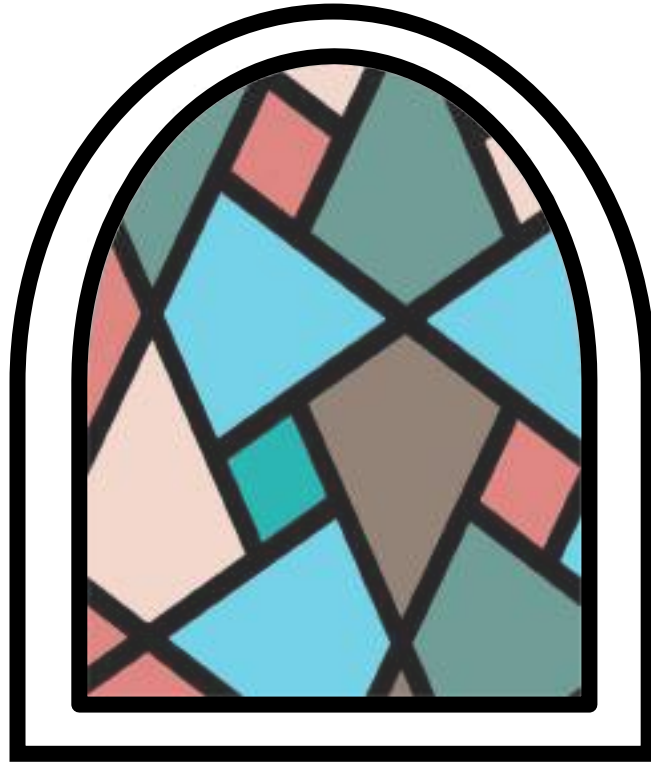




oh my
soul

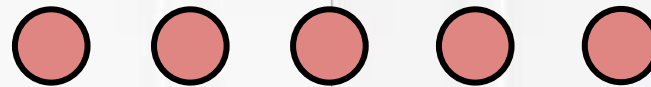
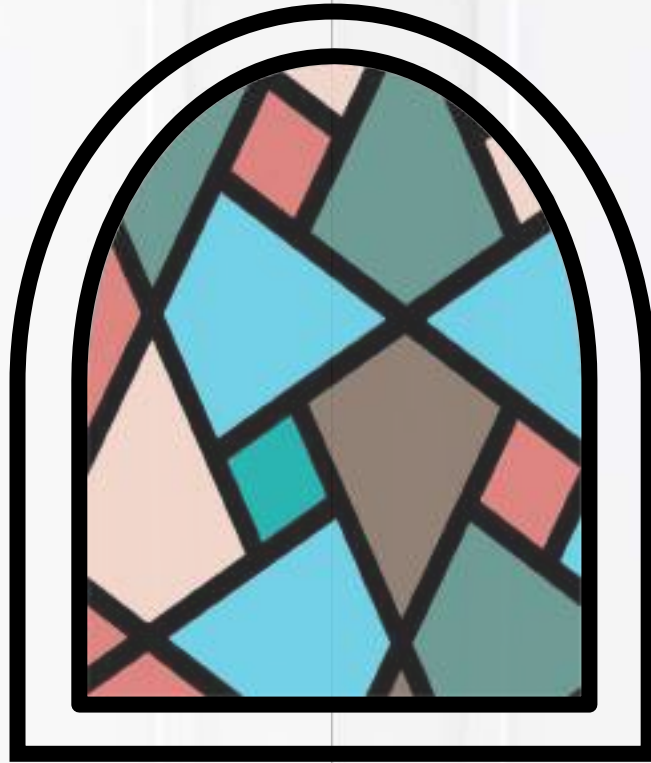
2023 WEEK OF PRAYER SERIES



How is your *soul* ?



How is your *soul*?



PSALM 73

Honest Prayers

Truly God is good to Israel,
to those who are pure in heart,
but as for me, my feet had almost stumbled,
my steps had nearly slipped.

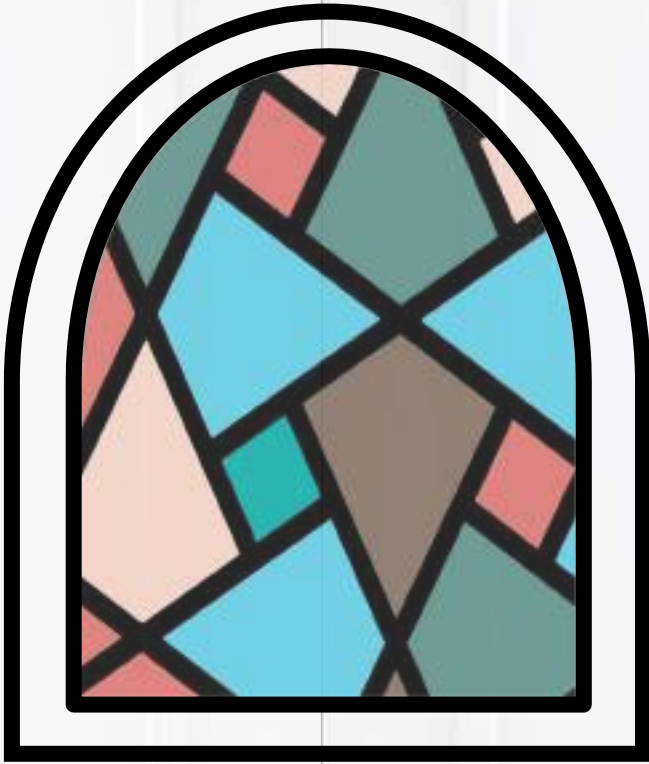


P S A L M 73

For I was envious of the arrogant
When I saw the prosperity of the wicked.
For they have no pangs until death;
Their bodies are fat and sleek.
They are not in trouble as others are;
They are not stricken like the rest of mankind.



P S A L M 73



JEALOUS *soul*

Therefore, pride is their necklace;
Violence covers them as a garment.
Their eyes swell out through fatness;
their hearts overflow with follies.

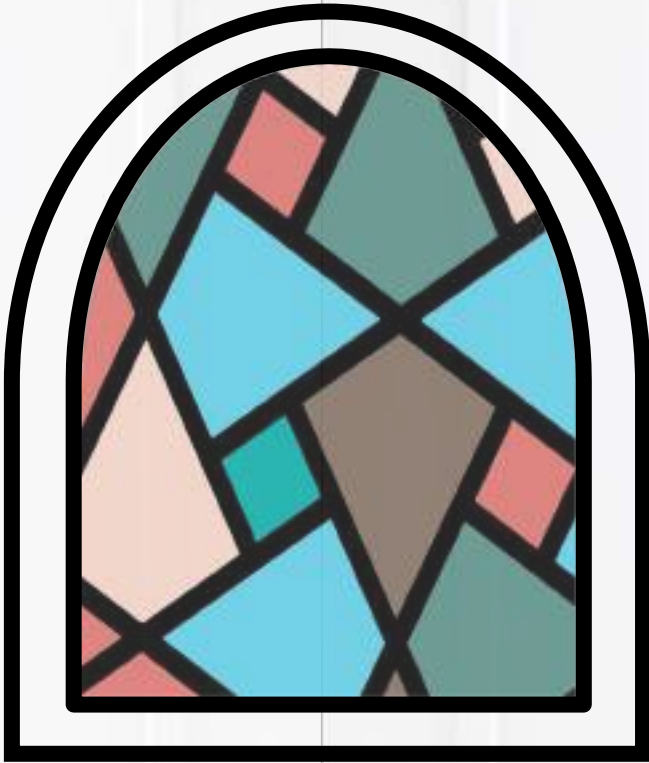


P S A L M 73

They scoff and speak with malice;
Loftily they threaten oppression.
They set their mouths against the heavens,
And their tongue struts through the earth.



P S A L M 73

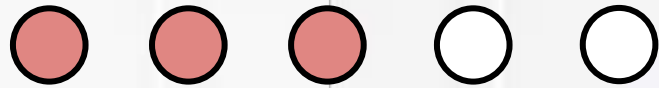
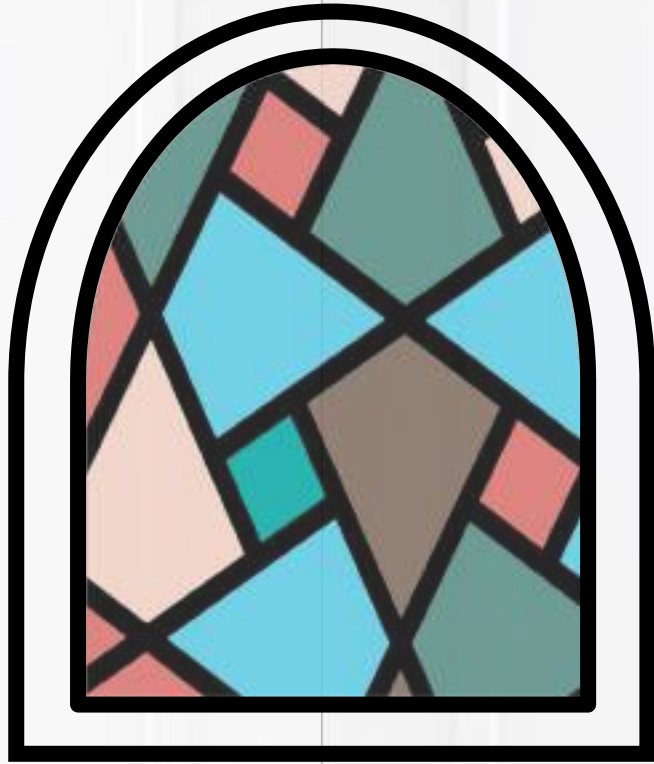


RESENTFUL *soul*

Therefore, his people turn back to them,
And find no fault in them.
And they say, "How can God know?"
Is there knowledge in the Most High?
Behold, these are the wicked;
Always at ease, they increase in riches.



P S A L M 7 3

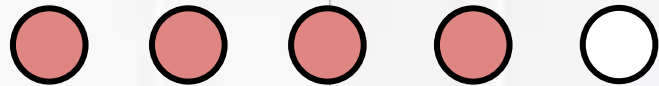
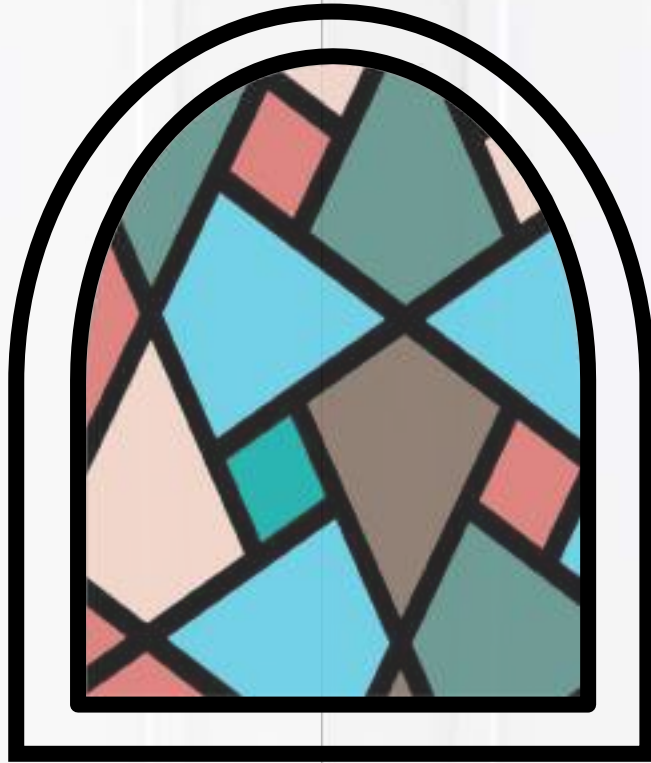


FRUSTRATED *soul*

All in vain have I kept my heart clean
And washed my hands in innocence.
For all the day long I have been stricken
and rebuked every morning.



P S A L M 73

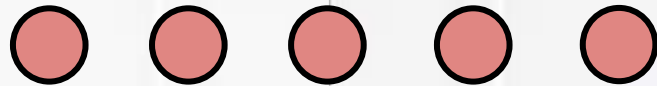
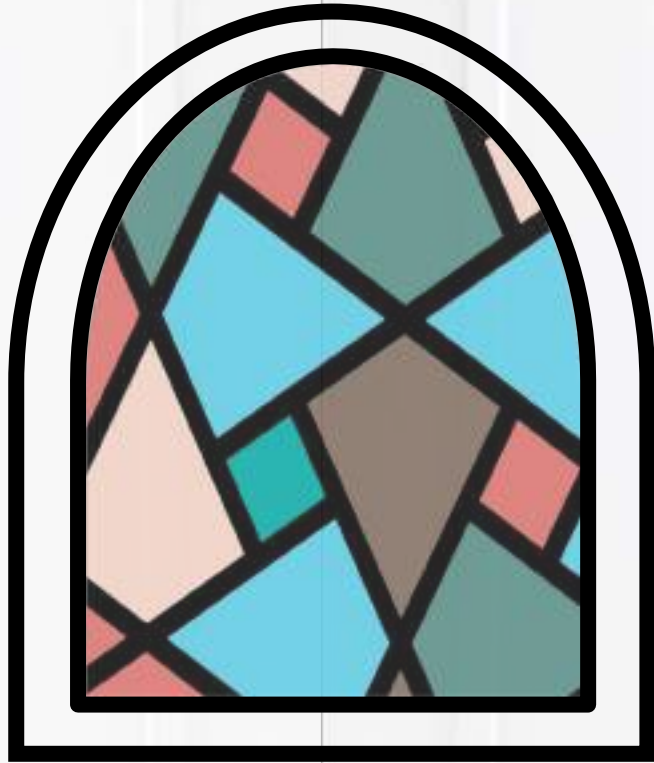


COMPLAINING *soul*

If I said, "I will speak thus,"
I would have betrayed the generation of your children.
But when I thought how to understand this,
It seemed to me a wearisome task



P S A L M 73



DEFEATED *soul*

Until I went into the sanctuary of God,
then I discerned their end.



P S A L M 73

Truly you set them in slippery places;
You make them fall to ruin.
How they are destroyed in a moment,
Swept away utterly by terrors!



P S A L M 73

Like a dream when one awakes,
O Lord, when you rouse yourself,
You despise them as phantoms.



P S A L M 73

When my *soul* was embittered,
When I was pricked in heart,
I was brutish and ignorant;
I was like a beast toward you.



P S A L M 73



PSALM 73

THE EMBITTERED SOUL

JEALOUS *soul*

RESENTFUL *soul*

FRUSTRATED *soul*

COMPLAINING *soul*

DEFEATED *soul*



HURT

BITTERNESS

*oh my
soul*



HURT

BOOK OF JOB



"HAVE YOU CONSIDERED JOB?"



"STRETCH OUT YOUR HAND!"

HURT

BOOK OF JOB



"THE LORD GIVETH AND TAKETH"



"STRUCK HIM WITH SORES"

HURT

BOOK OF JOB



"CURSE GOD AND DIE!"



"CURSE THE DAY I WAS BORN!"

HURT

BOOK OF JOB



"EMBRACE DISCIPLINE!"



"YOU DESERVE WORSE!"
JOB 6-13

HURT

"I WILL NOT RESTRAIN MY MOUTH;
I WILL SPEAK IN THE ANGUISH OF MY SPIRIT
I WILL COMPLAIN IN THE BITTERNESS OF MY SOUL"

JOB 7:11



HURT

“HOW LONG WILL YOU NOT LOOK AWAY FROM ME?
IF I SIN, WHAT DO I DO TO YOU, YOU WATCHER OF MANKIND?
WHY HAVE YOU MADE ME YOUR MARK?
WHY HAVE I BECOME A BURDEN TO YOU?”

JOB 7:19-21



HURT

“THOUGH HE SLAY ME, I WILL HOPE IN HIM;
YET I WILL ARGUE MY WAYS TO HIS FACE.”

JOB 13:15



HURT

“WHO IS THIS WHO DARKENS COUNSEL WITHOUT KNOWLEDGE?
DRESS FOR ACTION LIKE A MAN,
I WILL QUESTION YOU, AND YOU MAKE IT KNOWN TO ME”

JOB 38:2



PSALM 73

SOUL CARE



PSALM 73

LORD, YOU ARE
THE LOVER OF MY SOUL

**Nevertheless,
I am continually with you;**
You hold my right hand.
You guide me with your
counsel, and afterward you
will receive me to glory.



Whom have I in heaven but you?
**And there is nothing on earth
that I desire besides you.**



PSALM 73

LORD, YOU ARE
THE DESIRE OF MY SOUL



My flesh and my heart may fail, but God is the strength of my heart and my portion forever.



PSALM 73

LORD, YOU ARE
THE HEALER OF MY SOUL



For behold, those who are far from you shall perish;
You put an end to everyone who is unfaithful to you.



PSALM 73

**LORD, YOU ARE
THE DEFENDER OF MY SOUL**

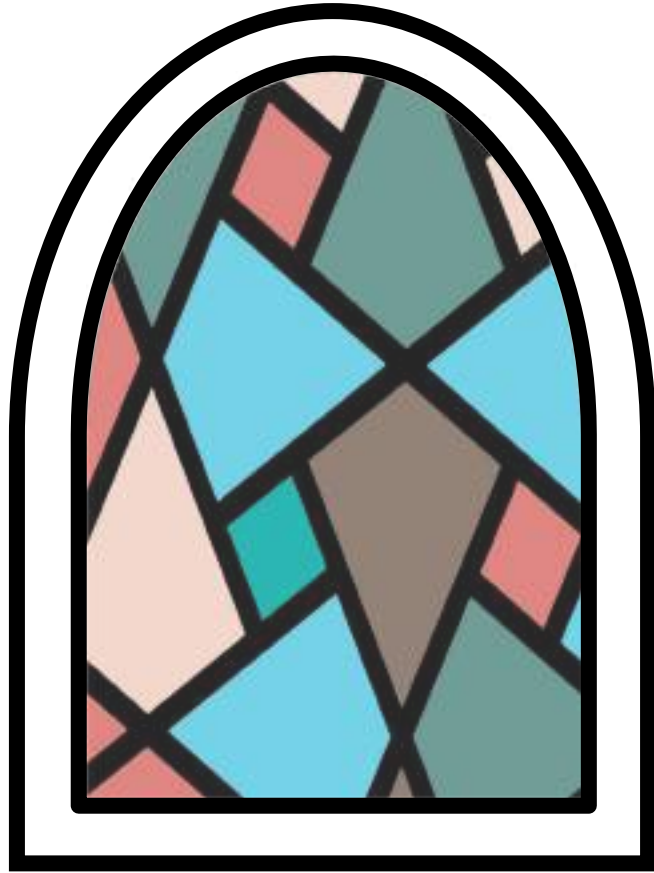


But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.



PSALM 73

**LORD, YOU ARE
THE REFUGE FOR MY SOUL**



NEVERTHELESS

THE WOUNDED SOUL

Lord, you are the lover of my *soul*

Lord, you are the desire of my *soul*

Lord, you are the healer of my *soul*

Lord, you are the defender of my *soul*

Lord, you are the refuge for my *soul*



How is your *soul* ?



≡ HURT

How is your *soul* ?



HURT

1. ABANDONMENT
2. REJECTION
3. BETRAYAL
4. HUMILIATION
5. INJUSTICE

How is your *soul*?



HURT

1. JEALOUS SOUL
2. RESENTFUL SOUL
3. FRUSTRATED SOUL
4. COMPLAINING SOUL
5. DEFEATED SOUL

How is your *soul*?

BITTER?

**"Get rid of all bitterness,
rage, anger, harsh words,
and slander, as well as all
types of evil behavior."**

Ephesians 4:31



How is your *soul?*

BITTER?

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior."

Ephesians 4:31

BETTER?

"Instead, be kind to one another, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Ephesians 4:32

How is your

soul?





How is your *soul*?

“When we strive against all thoughts of revenge;

When we will not do our enemies mischief,

But wish well to them,

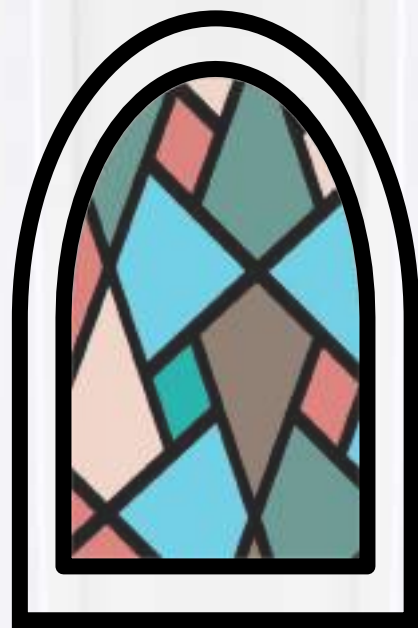
Grieve at their calamities,

Pray for them,

Seek reconciliation with them,

And show ourselves ready on all occasions to relieve them.”

Thomas Watson, Body of Divinity
300 year old definition of forgiveness



*oh my
soul*

"Until I went into the sanctuary of God."



*oh my
soul*

Lord, you are the lover of my *soul*

Lord, you are the desire of my *soul*

Lord, you are the healer of my *soul*

Lord, you are the avenger of my *soul*

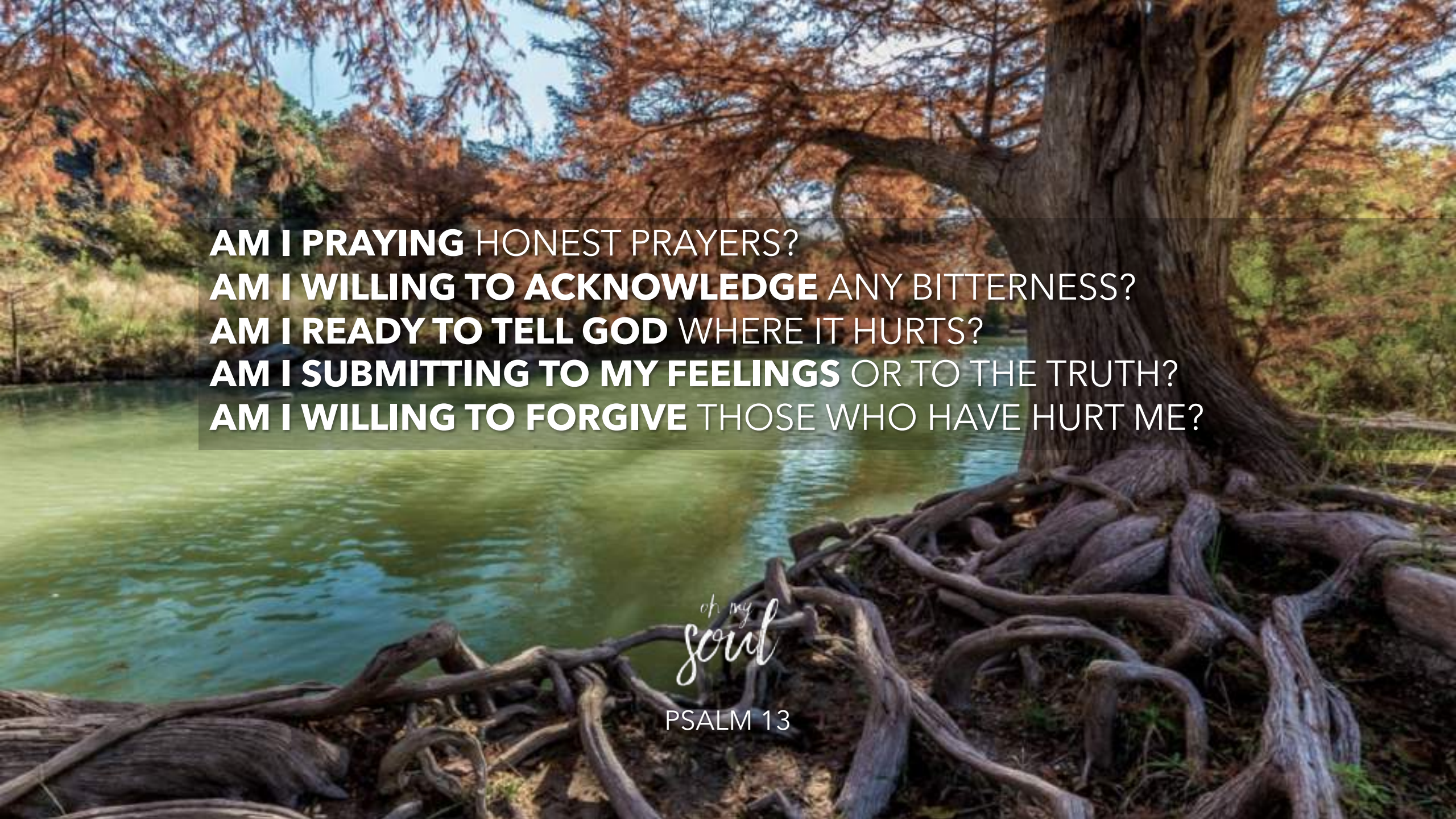
Lord, you are the refuge for my *soul*

*in my
soul*

IN ORDER TO
FLOURISH
WE NEED TO
NOURISH

BLESSED IS THE MAN WHO TRUSTS IN THE LORD, HE IS LIKE A TREE
THAT DOES NOT FEAR WHEN THE HEAT COMES
THAT IS NOT ANXIOUS IN THE YEAR OF DROUGHT

JEREMIAH 17:7-8



AM I PRAYING HONEST PRAYERS?
AM I WILLING TO ACKNOWLEDGE ANY BITTERNESS?
AM I READY TO TELL GOD WHERE IT HURTS?
AM I SUBMITTING TO MY FEELINGS OR TO THE TRUTH?
AM I WILLING TO FORGIVE THOSE WHO HAVE HURT ME?

*oh my
soul*

PSALM 13

A scenic view of a river with large trees and exposed roots. The water is a calm, greenish-brown color, reflecting the surrounding foliage. The trees have vibrant autumn-colored leaves in shades of orange, red, and yellow. In the foreground, the thick, gnarled roots of a large tree are exposed, extending into the water and across the bank. The sky is a clear, bright blue.

JEAOUS SPIRIT?

"A peaceful heart leads to a healthy body;
Jealousy is like cancer to the bones."

PROVERBS 14:20

A scenic view of a river with a large tree in the foreground and autumn foliage in the background. The tree's roots are exposed and gnarled, extending into the water. The water is a calm, greenish-brown color. The background shows a dense forest of trees with vibrant autumn foliage in shades of orange, red, and yellow. The sky is a clear, bright blue.

RESENTFUL SPIRIT?

“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”

HEBREWS 12:15

A scenic view of a river with a large tree in the foreground and autumn foliage in the background. The tree's roots are exposed and gnarled, extending into the water. The water is a calm, greenish-brown color. The background shows a dense line of trees with vibrant autumn foliage in shades of orange, red, and yellow. The sky is a clear, bright blue.

FRUSTRATED SPIRIT?

“For what have I to do with judging outsiders?
Is it not those inside the church whom
you are to judge?”

1 CORINTHIANS 5:12

A scenic view of a river with a large tree in the foreground and autumn foliage in the background. The tree's roots are exposed and gnarled, extending into the water. The water is a calm, greenish-blue color. The background is filled with trees with vibrant orange and yellow autumn leaves under a clear blue sky.

COMPLAINING

SPIRIT?

“Do everything without complaining and arguing, so that no one can criticize you.”

PHILIPPIANS 2:14

A scenic view of a river with a large tree in the foreground and autumn foliage in the background. The tree's roots are exposed and gnarled, extending into the water. The water is a calm, greenish-brown color. The background shows a dense line of trees with vibrant orange and yellow autumn leaves under a clear blue sky.

DEFEATED SPIRIT?

"The Lord is near to the broken hearted,
and saves the crushed *spirit*

PSALM 34:18