

**Message:** Take Me Back Week 4 – It is Well with My Soul

**Scripture:** Psalm 34:18

When peace like a river attendeth my way  
When sorrows like sea billows roll  
Whatever my lot, Thou hast taught me to say  
It is well, It is well with my soul.

**No matter what you have faced, are facing, or will face in this life,  
you can say, “It is well with my soul”**

*“God is close to the brokenhearted and He saves those who are crushed in spirit.”* Psalm 34:18

**HOW CAN A SOUL BE BOTH WELL AND BROKEN?  
THREE INSTANCES WHERE A SOUL CAN BE BOTH WELL AND BROKEN**

**1. WHEN YOU: ALLOW YOURSELF TO BE HELD.**

*“Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.”* Psalm 57:1

*“He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.”* Psalm 91:4

*“I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadow of your wings.”* Psalm 17:6-8

This is what it means to be held  
How it feels when the sacred is torn from your life  
And you survive  
This is what it is to be loved  
And to know that the promise was  
When everything fell, we'd be held.  
*“Held”* by Natalie Grant

**WE CAN RUN AWAY FROM GOD OR WE CAN RUN TO GOD**

*“Any great calamity in the natural world—death, disease, bereavement—will awaken a man when nothing else would, and he is never the same again. We would never know the “treasures of darkness” if we were always in the place of placid security.”* Oswald Chambers

*“I will give you the treasures of darkness and hidden wealth of secret places, so that you may know that it is I, the Lord, the God of Israel, who calls you by your name.”* Isaiah 45:3

*“The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.”* Isaiah 9: 2

**2. WHEN YOU: UNDERSTAND THE FELLOWSHIP OF SUFFERING.**

*“I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings...”* Philippians 3:10

*"I had only heard about you before, but now I have seen you with my own eyes." Job 42:5*

*"I consider them rubbish, that I may gain Christ and be found in him." Philippians 3:8-9*

*"My God, my God, why? Why have you forsaken me?" Matthew 27:46*

### **3. WHEN YOU: UNDERSTAND THE POWER OF JESUS' DEATH AND RESURRECTION.**

*My God, my God, why have you forsaken me?*

*Why are you so far from saving me,  
so far from my cries of anguish?*

<sup>2</sup> *My God, I cry out by day, but you do not answer,  
by night, but I find no rest.*

<sup>3</sup> *Yet you are enthroned as the Holy One;  
you are the one Israel praises.*

<sup>4</sup> *In you our ancestors put their trust;  
they trusted and you delivered them.*

<sup>5</sup> *To you they cried out and were saved;  
in you they trusted and were not put to shame.*

<sup>6</sup> *But I am a worm and not a man,  
scorned by everyone, despised by the people.*

<sup>7</sup> *All who see me mock me;  
they hurl insults, shaking their heads.*

<sup>8</sup> *"He trusts in the Lord," they say,  
"let the Lord rescue him.*

*Let him deliver him,  
since he delights in him."*

<sup>16</sup> *Dogs surround me,  
a pack of villains encircles me;  
they pierce my hands and my feet.*

<sup>17</sup> *All my bones are on display;  
people stare and gloat over me.*

<sup>18</sup> *They divide my clothes among them  
and cast lots for my garment.*

<sup>24</sup> *For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help. Psalm 22:1-24*

*"He was pierced for our transgressions and crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." Isaiah 53:5*

*My sin, o the bliss of this glorious thought;  
My sin not in part but the whole;  
Is nailed to the cross, and I bear it no more;  
Praise the Lord, praise the Lord, O my soul!*