

Wednesday, May 13, 2020

Is God Good? // He Revives & Refreshes

Psalm 23: 1 - 3 (ESV) *The LORD is my shepherd; I shall not want. ² He makes me lie down in green pastures. He leads me beside still waters.³ He restores my **soul**...*

What damages your soul?

1. Grudges...

Job 5: 2 (NLT) *Surely **resentment** destroys the fool...*

How does God Refresh & Revive?

He transforms my Hurts into Holiness...

Romans 8: 28 (ESV) *...we know that for those who love God all things work together for good, for those who are called according to his purpose.*

Romans 8: 29 (ESV) *For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.*

How should I respond?

Release the people who hurt you...

2. Guilt...

Psalm 38: 4 (NLT) *My guilt overwhelms me—it is a burden too heavy to bear.*

Proverbs 20: 27 (NLT) *The LORD's light penetrates the human spirit, exposing every hidden motive.*

How does God Refresh & Revive?

He takes my sins upon Himself...

Isaiah 53: 5 & 6 (ESV) *But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.⁶ All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on him the sins of us all.*

How should I respond?

Trust God to forgive my sins!

Romans 3: 23 & 24 (ESV) ...for all have sinned and fall short of the glory of God, ²⁴ and are justified by his grace as a gift, through the redemption that is in Christ Jesus

1 John 1: 9 (ESV) If we **confess** our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Micah 7: 19 (NLT) Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean!

What damages your soul?

3. Grief...

Psalm 31: 9 (NLT) Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away.

How does God Refresh & Revive?

He feels and Heals...

Isaiah 53: 3 & 4 (NLT) He was despised and rejected—a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. 4 Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins!

Psalm 147: 3 (ESV) He heals the brokenhearted and binds up their wounds.

Isaiah 61: 3 (NLT) To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the LORD has planted for his own glory.

How should I respond?

Cooperate with God...

Isaiah 43: 2 When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

Psalm 19: 7 (ESV) The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple

