

“Psalm 23: God’s Prescription For Stressed People”

Sunday, November 5, 2023 @ 10:30am | Worship Center

God’s Prescription for Damaged Emotions!

Psalm 23:3: “He restores my soul; He guides me in the paths of righteousness for His name’s sake.”

God wants to take our emotional baggage and restore our soul to set us on path of righteousness.

The Path to Emotional Healing

- Let God remove my guilt. Proverbs 20:27...”The Lord gave us a mind and a conscience. We cannot hide from ourselves.” (Good News Translation)
- Let God relieve my grief. Psalm 31:9...”Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.” (New Century Version)

3 Things to Do

- Accept what cannot be changed.
- Play it down and Pray it up.
- Focus on what’s left not what’s lost.
- Let God replace my grudges. Ephesians 4:31-32...Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

“He guides me in the paths of righteousness for his name’s sake.” Psalm 23:3b

Getting Guidance from God...

- I need to admit I need a guide. Isaiah 53:6...”Everyone of us have strayed away like a sheep. We have left God’s paths to follow our own.”
- I need to ask for directions. James 1:5-6...But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. 6. But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind.
- I need to listen to God’s response. Job 33:14...”God does speak--- sometimes one way and sometimes another---even though people may

not understand it." Proverbs 20:30..."Sometimes it takes a painful situation to make us change our ways."

- I need to trust God when I don't understand. Proverbs 3:5-6..."Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

Jesus Christ will restore your soul and will guide you to righteousness...let Him be your Shepherd and your Savior!