

# Psalm 23: God's Peace in Stressful Times

## What to Do When You Get Your Feelings Hurt

Kendall Granger, Lead Pastor  
[pastor@newlifeestl.com](mailto:pastor@newlifeestl.com), Part 3 of 6

**MEMORY VERSE:** *"The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake."* **Psalm 23:1-3 (NKJV)**

**MY SOUL IS THE PART OF ME THAT**

\_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_

**WHAT DAMAGES MY SOUL?**

1. \_\_\_\_\_ **GRUDGES**

*"To worry yourself to death with resentment would be a foolish, senseless thing to do."*

**Job 5:2 (GN)**

*"You are only hurting yourself with your anger."* **Job 18:4 (GN)**

2. \_\_\_\_\_ **GUILT**

*"I am drowning in the flood of my sins; they are a burden too heavy to bear."*

**Psalm 38:4 (GNB)**

*"I am bowed down, I am crushed; I mourn all day long."* **Psalm 38:6 (GNB)**

*"The Lord gave us a mind and a conscience; we can't hide from ourselves."*

**Proverbs 20:27 (GN)**

### 3. \_\_\_\_\_ GRIEF

*"Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief."* **Psalms 31:9 (NCV)**

## HOW DOES JESUS RESTORE US?

### 1. JESUS TURNS MY HURTS INTO \_\_\_\_\_

*"We know that in all things God works for the good of those who love him, who have been called according to his purpose."* **Romans 8:28 (NIV)**

*"For from the very beginning God decided that those who came to him—and all along he knew who would—should become like his Son, so that his Son would be the First, with many brothers."* **Romans 8:29 (LB)**

### 2. JESUS TAKES MY SINS ON \_\_\_\_\_ (AT THE CROSS)

*"But because of our sins he was wounded, beaten because of the evil we did. We are healed by the punishment he suffered, made whole by the blows he received. All of us were like sheep that were lost, each of us going his own way. But the Lord made the punishment fall on him, the punishment all of us deserved. He was treated harshly, but endured it humbly; he never said a word. Like a lamb about to be slaughtered, like a sheep about to be sheared, he never said a word."* **Isaiah 53:5-7 (GNT)**

### 3. JESUS \_\_\_\_\_ MY GRIEF AND \_\_\_\_\_ MY HEART

*"We despised him and rejected him; he endured suffering and pain. No one would even look at him—we ignored him as if he were nothing. "But he endured the suffering that should have been ours, the pain that we should have borne. All the while we thought that his suffering was punishment sent by God."* **Isaiah 53:3-4 (GNT)**

*"He heals the brokenhearted and binds up their wounds."* **Psalms 147:3 (NIV)**

## HOW SHOULD I RESPOND?

### 1. TRUST THE GOOD SHEPHERD TO \_\_\_\_\_ MY SINS

*"Yes, all have sinned; all fall short of God's glorious ideal; yet now God declares us "not guilty" of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins."* **Romans 3:23–24 (LB)**

### 2. RELEASE MY OFFENDERS & \_\_\_\_\_ ON THE FUTURE

*"Stop being mean, bad-tempered, and angry. Quarreling, harsh words, and dislike of others should have no place in your lives. Instead, be kind to each other, tenderhearted, forgiving one another, just as God has forgiven you because you belong to Christ."*

**Ephesians 4:31–32 (LB)**

*"Never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it."* **Romans 12:19 (LB)**

### 3. TEAM UP WITH JESUS TO CARRY MY \_\_\_\_\_

*"When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up—the flames will not consume you."*

**Isaiah 43:2 (LB)**

*"The law of the Lord is perfect, restoring the soul."* **Psalms 19:7 (NAS)**

TRUST THE GOOD SHEPHERD TO HELP ME **HEAL, FORGIVE AND FOCUS.**

### **My Next Steps Today:**

- ✓ I will memorize Psalm 23:1-3 (NKJV)
- ✓ I am accepting Christ for the first time
- ✓ I am recommitting my life to God
- ✓ I want to Join the New Life Church Family
- ✓ I would like to sign up for the choir
- ✓ I would like to sign up for Grief Support
- ✓ I will sign up for the online Zoom growth group

Join us next week online as we continue our sermon series:

## **Psalm 23: God's Peace in Stressful Times- Making the Right Decision in Stressful Times**

Join us on our Prayer Line by calling (480)660-2242.  
Enter access code, 1919#. The prayer line is open daily from  
6am-7am CST.

You may honor God with your tithes and offerings by visiting our  
website, [www.newlifeestl.org](http://www.newlifeestl.org) and clicking on the "GIVING" link.