

Psalm 23: God's Peace In Stressful Times How to Let God Heal Your Hurt

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Part 1: *"The Lord is my shepherd; I have everything I need."* Psalm 23:1 (GNB)

Part 2: *"He makes me lie down in green pastures, he leads me beside quiet water."*
Psalm 23:2 (NIV)

Part 3: *"He restores my soul."* Psalm 23:3a (NKJV)

Part 4: *"He leads me in the paths of righteousness For His name's sake."*
Psalm 23:3b (NKJV)

Part 5: *"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."*
Psalm 23:4 (NKJV)

MEMORY VERSE: *"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows."* Psalm 23:5 (NIV)

I. WHAT NOT TO DO WHEN YOU HURT

1. DON'T _____ IT

"So I kept very quiet. I didn't even say anything good, but I became even more upset. I became very angry inside, and as I thought about it, my anger burned. So I spoke"
Psalm 39:2-3 (NCV)

2. DON'T _____ FROM IT

I said, "I wish I had wings like a dove. Then I would fly away and rest." **Psalm 55:6 (NCV)**

"I would hurry to my place of escape, far away from the wind and storm." **Psalm 55:8 (NCV)**

3. DON'T _____ IT

"When I kept things to myself, I felt weak deep inside me. I moaned all day long."
Psalm 32:3 (NCV)

4. DON'T _____ ABOUT IT

"To worry yourself to death with resentment would be a foolish, senseless thing to do."
Job 5:2 (GNB)

5. DON'T _____ IT

"You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?" **Job 18:4 (GNB)**

II. WHAT GOD SAYS TO DO WHEN YOU HURT

1. LET JESUS _____ THE SCORE

"You prepare a table before me in the presence of my enemies...." **Psalm 23:5a (NIV)**

"Never pay back evil for evil. Do things in such a way that everyone can see you are honest clear through."

Romans 12:17 (LB)

"Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. Don't take the law into your own hands."

Romans 12:19 (LB)

2. LET JESUS _____ MY WOUNDS

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." Psalm 23:5 (NIV)

"He heals the brokenhearted and bandages their wounds."

Psalm 147:3 (NCV)

3. LET JESUS _____ MY NEEDS

"...my cup overflows." Psalm 23:5 (NIV)

MY CUP WILL OVERFLOW...

• **WITH _____**

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 (NIV)

• **WITH _____**

"May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you."

1 Thessalonians 3:12 (NIV)

• **WITH _____**

"You haven't tried this before, but begin now. Ask, using my name, and you will receive, and your cup of joy will overflow." John 16:24 (LB)

**I WILL WALK IN THE HEALING POWER
OF GOD'S _____.**

My Next Steps Today:

- ✓ I will memorize Psalm 23:5 (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 will let God settle the score

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 and clicking on the "GIVING" tab.