

“GOD’S ANTIDOTE TO YOUR HURT”

Text: *Psalm 23*

Pastor Chuck

Sunday, December 4, 2016

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

1. WHAT NOT TO DO WHEN YOU HURT

A. Don’t _____
“I kept very quiet ... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.” (Psalm 39:2-3 NCV)

B. Don’t _____
“I wish I had wings like a dove. Then I’d fly away and rest. I would hurry to my place of escape ...” (Psalm 55:6,8 NCV)

C. Don’t _____
“When I kept things to myself, I felt weak deep inside me. I moaned all day long.” (Psalm 32:3 NCV)

D. Don’t _____
“To worry yourself to death with resentment would be a foolish, senseless thing to do.” (Job 5:2 GN)

E. Don’t _____
“You are only hurting yourself with your anger.” (Job 18:4 GN)

2. WHAT GOD SAYS TO DO WHEN YOU HURT

A. Let Jesus _____ **The Score.**
“You prepare a table before me in the presence of my enemies.”

“Never pay back evil for evil ... never avenge yourselves. Leave that to God, for He has said he will repay those who deserve it.” (Rom 12:17, 19 LB)

“Blessed are the merciful, for they will be shown mercy.”

(Matt 5:7)

B. Let Jesus _____ My Wounds.

“You anoint my head with oil.”

“God heals the brokenhearted and bandages their wounds.”

(Ps 147:3 NCV)

C. Let Jesus _____ My Needs.

“My cup overflows.”

My Cup Will Overflow ...

With _____

“God will help you overflow with hope in Him through the Holy Spirit’s power within you.” (Rom 15:13 LB)

With _____

*“ ... May the Lord make your love to grow and overflow ...”
(1 Thess 3:12 LB)*

With _____

“Ask, using my name, and you will receive, and your cup of joy will overflow.” (John 16:24LB)

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

1. WHAT NOT TO DO WHEN YOU HURT

A. Don’t **Ignore It**
“I kept very quiet ... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.” (Psalm 39:2-3 NCV)

B. Don’t **Run From It**
“I wish I had wings like a dove. Then I’d fly away and rest. I would hurry to my place of escape ...” (Psalm 55:6,8 NCV)

C. Don’t **Hide Your Hurt**
“When I kept things to myself, I felt weak deep inside me. I moaned all day long.” (Psalm 32:3 NCV)

D. Don’t **Worry About It**
“To worry yourself to death with resentment would be a foolish, senseless thing to do.” (Job 5:2 GN)

E. Don’t **Resent It**
“You are only hurting yourself with your anger.” (Job 18:4 GN)

2. WHAT GOD SAYS TO DO WHEN YOU HURT

A. Let Jesus **Settle** The Score.
“You prepare a table before me in the presence of my enemies.”

“Never pay back evil for evil ... never avenge yourselves. Leave that to God, for He has said he will repay those who deserve it.” (Rom 12:17, 19 LB)

*“Blessed are the merciful, for they will be shown mercy.”
(Matt 5:7)*

B. Let Jesus **Sooth** **My Wounds.**
“You anoint my head with oil.”

*“God heals the brokenhearted and bandages their
wounds.” (Ps 147:3 NCV)*

C. Let Jesus **Satisfy** **My Needs.**
“My cup overflows.”

My Cup Will Overflow ...

With **Hope**

*“God will help you overflow with hope in Him through the
Holy Spirit’s power within you.” (Rom 15:13 LB)*

With **Love**

*“ ... May the Lord make your love to grow and overflow ...”
(1 Thess 3:12 LB)*

With **Joy**

*“Ask, using my name, and you will receive, and your cup of joy
will overflow.” (John 16:24LB)*