

GOD'S PERScription TO DAMAGED EMOTIONS

"He restores my soul" Psalms 23:3

1. LET GOD _____ MY _____

"My guilt has overwhelmed me like a burden too heavy to bear... I am bowed down and brought low; all day long I go about mourning." Psalms 38:4+6

"The Lord gave us a mind and a conscience. We cannot hide from ourselves." Proverbs 20:27

*"All of us have sinned... yet God declares us 'not guilty' IF we trust in Jesus Christ, who in mercy freely takes away our sins."
Romans 3:23-24 (LB)*

*"He has forgiven ALL your sins. he has utterly wiped out the evidence of broken commandments which always hung over our heads, and completely annulled it by nailing it to the cross!"
Colossians 2:13-14 (PH)*

2. LET GOD _____ MY _____

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

3 Things To Do:

1. Accept what _____

2. Play _____ and Pray _____

3. Focus on _____, not _____

3. LET GOD _____ MY _____

"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)

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

"Get rid of all bitterness ... forgiving each other just as in Christ God forgave you." Ephesians 4:31-32

*"Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."
Job 11:13-16 (GN)*