

## CCC GODS PRESCRIPTION FOR P3

### DAMAGED EMOTIONS P3

We're continuing in our series called God's Pharmacy which is a journey through Psalm 23. Today we're going to look at God's prescription to Damaged Emotions. The 3<sup>rd</sup> verse in the 23<sup>rd</sup> Psalm says, "*He restores my soul*" This is good news; we all need to have our soul restored periodically. We all get hurt -- We get beat up by discouragement, depression, despair. We have fatigue, failure, frustrations. We all have hidden hurts from our past. We carry wounds, battle scars, emotional garbage. God wants to take away your emotional garbage. He wants to restore your soul and what is His prescription for that? The prescription begins when you and I allow Him to make three changes in your life and they are:

1. Let God remove my guilt.

2. Let God relieve my grief.

3. Let God replace my grudges.

Guilt, grief, grudges are the three things that keep you in emotional instability.

#### 1. LET GOD REMOVE MY GUILT

Nothing destroys a soul faster than guilt. "*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.*" Ps. 38:4&6 There are two problems with guilt.

1. We all have plenty reasons to feel guilty. We are all imperfect. We all make mistakes. By nature we carry guilt in our lives.

2. We can't get away from the guilt. It's in our mind. Even if we go to a new location we carry a guilty conscious with us. "*The Lord gave us a mind and a conscience. We cannot hide from ourselves.*" Prov. 20:27

How do you get rid of guilt? How do you deal with the guilt in your life? There are a lot of options available:

**You can deny it**, pretend it doesn't exist. You can bury the past -- but that doesn't work. If it's still alive it will resurrects itself in time. Denying guilt does not relieve guilt.

**You can minimize it**. "It was no big deal, not that big of a sin." Then I ask you, why do you still remember it?

Minimizing it doesn't work.

**You can compromise it**... that's easy you just by lower your standards. If you feel guilty about something you just say "I don't believe it's wrong anymore. I you keep committing the same sin over and over sooner or later it won't seem like a sin anymore." The tenth murder isn't nearly so bad as the first one. It's true. If you keep doing

something over and over, your conscious will eventually become seared to it, but that doesn't relieve the guilt.

**You can rationalize your guilt** – You can use the statement in your life, "Everybody does it." So that justifies it. Whenever I rationalize my guilt I'm trying to convince my heart about something I know is wrong with my head by saying "it's OK". But your heart always wins out over your head.

Can guilt make you sick? You bet it can. Can guilt cause depression? Absolutely. Can guilt cause you to set yourself up for failure? Without a doubt.

None of these things work. There is only one solution to your guilt. You've got to give it to God. He's the only one who can remove it. Romans 3:23-24 "*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.*" The

most basic truth of Christianity is Jesus Christ has already paid for all of your sins. Everything you've ever done wrong has already been paid for. Everything you've already committed, the stuff you're going to do later, all of the sins, mistakes, regrets in your future have already been paid for. You just need to ask God to forgive you and accept what Jesus Christ did for you on the Cross. He has already paid for all of your sins. Just accept it. That's how your guilt will be removed and there is no other way. No psychologist can remove your guilt; they don't have the power to forgive you. But the Creator of the universe does have the power to forgive you. I don't know what you've done but it doesn't matter because your forgiveness is not based on how bad you've been, but how good God is. What matters is not what you've done, but what Jesus Christ has already done for you.

He paid the penalty so you wouldn't have to. Jesus was nailed to the cross so you can stop nailing yourself to the cross. Let God remove your guilt.

The prescription begins when you

## **2. LET GOD RELIEVE MY GRIEF**

Not all of the things in life that damage us are things I bring upon myself. Sometimes I have grief because of things that are done to me. Sometimes I have grief over seeing other people hurt. The fact is you will be hurt in this life, you will experience loneliness in this life. This is not heaven, this is earth. It's imperfect here on earth. Some days you're going to be lonely. Some days your heart will be broken. Some days you're going to feel in despair. Some days you're going to feel all alone. Some days you'll experience sorrow, loss, grief. If you identify with these emotions I want to say to you today I'm sorry you hurt and

I want you to know God knows what you're going through and God hurts with you and He cares about your hurt. The people in this church want to be your family. Only Jesus Christ can fill that emptiness in your heart. What do you do when your heart is breaking? What do you do when the grief overwhelms you in life? Throw a giant pity party? Play the "if only" game? Withdraw into a shell, hide in a cave, isolate yourself from humanity and say "I'll never let another person hurt me!" Do you just pull back and resign from life and be miserable the rest of your life? There are other options. You can let Jesus restore your soul. David, in the Bible, was very acquainted with grief. He understood how much it damages our soul when we hurt.

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."* He is saying he knows how it damages the soul. Sometimes we grieve because of our own stupid actions. We do stupid things and make serious mistakes and get ourselves into all kinds of trouble. We grieve over that. Sometimes we grieve because we see people we love hurting. Sometimes we grieve because of a loss. Sometimes we grieve because we're innocent and somebody has victimized us or hurt us.

Here are some tips on how to handle grief.

**1. Accept what cannot be changed.**

**2. Play it down and Pray it up**

Don't exaggerate it, dedicate it. Give it to God. You're going to be hurt in life. Pain is inevitable, but misery is optional.

**3. Focus on what's left, not what's lost.**

Let me just slow down here for a minute and say this to you this morning... Some of you are going through some grief right now. But I want you to know, God is not finished with your life. He's not through with you. This is not the end. I know it hurts. But it does not have to devastate you... if you'll open your life up to Christ and let Him heal your emotions. If you will ask God, to remove my guilt and relieve my grief." If you're still alive and here today, God is not through with you. And the rest of your life can be the best of your life. You don't have to remain a prisoner of your pain. It's a choice.

### **3. LET GOD REPLACE MY GRUDGES**

Grudges come from what other people do to me. I feel guilty for what I've done to others, but I feel grudges about what others have done to me. You're going to be hurt in life; that's a fact of life. Life isn't fair. People will hurt

you. Sometimes intentionally, sometimes unintentionally. Either way, it still hurts. How you handle the resentments of life determine whether you are a bitter person or a better person. The difference between bitter and better is the letter "I". I make the choice. I can choose whether the circumstance will devastate me or direct me on to a new path. Whether it will make me bitter or better. What do I do with all the hurts that have piled up, all the emotional garbage that I still resent, and when those people come to mind it just tightens my stomach up? What do I do? Job 5:2 *"To worry yourself to death with resentment would be a foolish, senseless thing to do."* Why? Resentment never hurts the other person. It only hurts you. The other person might be totally oblivious that you're even thinking about them. They've gone on with their life. Some of you are continuing to allow people from your past to hurt you in

the *now!* And that's not wise! Your past is past. They cannot hurt you anymore unless you keep rehearsing it in your mind, over and over. Every time you rehearse that resentment they'll hurt you again. They may even be dead and they're still hurting you from the grave. You don't hurt them by resenting. Holding onto a hurt, only hurts you.

*"You're only hurting yourself with your anger."* Job 18:4

What do you do with your grudges? the resentments of people that have hurt you? Romans 12:19 *"Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it."* Because of sin in this world, life is unfair. God never said life was fair. This is earth, not heaven. Sometimes innocent people suffer. And sometimes guilty and evil people prosper. Justice is not always served in this world. This is a sinful world. But God has said one day He is going

to settle the score. One day He's going to call it into account, right the wrongs, settle the issues that were left unsettled here -- the crimes, the injustice, the prejudice, the racism, the sexism, the rapes, murders, hurts, abuse.

One day God is going to settle the score. In the meantime, the Bible says, don't avenge yourself. It will eat you up. What do you do instead? *"Get rid of all bitterness ... forgiving each other just as in Christ God forgave you."* Eph. 4:31-32.

There is a real heaven and a real hell. One day God is going to settle the score. In the meantime He says, get rid of all bitterness, forgive each other as God forgave you. If you've been forgiven, God expects you to be forgiving. You will never have to forgive another person more than God has already forgiven you. Martin Luther King said, "Bitterness is blindness." If I allow you and your hurt to

make me bitter it blinds me. It blinds me to the truth, to all that's good in the world and all I can see is the bad, evil, prejudice, sin. It blinds me to what God wants to do in my life. God wants to even take the negative, harmful, hurtful and turn it around and use it for good and make me a better person. I can't see that when I'm bitter. You will never be healed from your hurt until you accept God's forgiveness through Jesus Christ and then you offer that same forgiveness to other people.

Let me ask you a question this morning? What is it you still feel guilty about? When I start talking about guilt it pops into your mind and still haunts you and bugs you? All the minimizing and rationalizing and compromising and blaming and beating up yourself doesn't work. Jesus Christ can remove that guilt and nobody else can. He

specializes in new beginnings. It's called being born again.

He can wipe the slate clean. There is no reason in the world for you to go on with a guilty conscious when He offers forgiveness. Just accept it. Stop punishing yourself for the past. You don't need a self-help book. You need a Shepherd. You need a Savior. Only a Savior can forgive that guilt. How about your grief? Are you still holding onto it and moaning instead of mourning? Are you looking at what's left instead of what's lost? Are you playing it down and praying it up? Are you letting that grief incapacitate you, keeping you in a prison -- a self imposed prison. Nobody locked the door -- you locked it yourself. Say, "God relieve my grief."

How about your grudges? Are you still allowing people in your past to continue to hurt you in the present? Stop!

Don't let them hurt you anymore. They cannot hurt you without your permission. The past is past. Give God your grief, guilt, grudges.

Jesus Christ wants to heal your soul. How does He do it?

Listen to what His word says in the Book of Job

*"Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will face from your memory, like floods that are past and remembered no more."* Job. 11:13-16. Jesus will restore your soul. Let Him be your Shepherd and your Savior.

*He restores my soul.*

Let us pray: