



## Abounding Grace for my... "BROKENNESS" (Psalm 23:5)

Everyone has experienced brokenness to one degree or another. Our brokenness is the result of sins we have committed and the sins that have been committed against us. There are only two choices in dealing with our brokenness: It's either the bondage of bitterness or the freedom of forgiveness.

**How Does God's Abounding Grace Heal Our Brokenness? By making us the most forgiven, reconciled, and loved people in the world!** v5a "You prepare a table before me..." The table is a picture of everything that is ours through Christ.

- Forgiven: None of my sins, past, present, or future will ever be held against me. Rom8:1; Ps103:12
- Reconciled: Restoration to and the receiving of God's favor. 2Cor5:18; Numbers 6:24-26
- Loved: His preemptive and perfect love chases away the fears. 1John 4:18-19

V5a "...in the presence of my enemies."

There is feasting and freedom despite, and in the sight of our enemies. Rom8:31; Ex1:15

## Because no sin or suffering is a match for God's redeeming and restoring grace.

v5b "you anoint my head with oil..." Shepherds would put oil on the heads of their sheep to sooth their scratches and wounds. Pro27:7; Isa61:1-3 (Luke 4); Ps147:3-4; Luke 7:47; 1Pet 1:8

Brokenness can lead to bitterness when we allow the wound to be filled with the poison of unforgiveness. Eph4:26-27, 31-32; Heb12:15

## Signs I Need Some Healing of Past Hurts:

Open Bitterness: I am blunt and forceful when someone does something to frustrate me, when I speak my convictions my voice gets increasingly louder, I'm very defensive when confronted, no one has to guess my opinion, I am so focused on fixing problems I can overlook other's feelings, I easily get in bickering matches with others, during verbal disagreements I tend to repeat myself several times, I have a reputation of being strong-willed, I give advice even when not asked.

Passive Bitterness: when frustrated I become silent knowing it bothers other people, I'm prone to sulk and pout, I struggle with procrastination, laziness, and

chronic tardiness (don't care), I will give a verbal message that nothing is wrong while showing hostile body language, I back-stab, spread rumors, and complain about people behind their back, I engage in behavior that is purposely irritating and aggravating to others.

Suppressed Bitterness: I'm very image-conscious, I don't like others to know my problems, even when flustered I portray myself as having it all together, resentful thinking is common though most would not suspect it, I can be depressed and moody, if someone upsets me I can go days without saying something, I have suffered from physical complaints (i.e. headaches, stomach ailments, sleep irregularity).

**Therefore, we should be the most forgiving, reconciling and loving people in this world.** v5c "my cup overflows..." Gen50:19-21  
Healing of past hurts is happening when I...

- Stop sitting in God's place. v19; Rom12:19
- Start seeing from God's perspective. v20; Rom8:28
- Strive to show God's passion. v21; Matt5:44-45

## Growing Notes

- 1) Reflect on the intro to this sermon. What are your thoughts and feelings? What two ways do we experience brokenness? In what ways have you experienced brokenness in your life? What are the only two paths to dealing with brokenness? How have you seen this in the lives of people around you?
- 2) Read Psalm 23 with an emphasis on verse 5. The table is a picture of everything that is ours through Christ. How does God's abounding grace heal our brokenness through forgiveness, reconciliation and love? What do each of these mean? What does the Psalmist mean "in the presence of my enemies" (Rom 8:31; Ex1:15)?
- 3) What does it mean that no sin or suffering is a match for God's redeeming and restoring grace? Shepherds would put oil on the heads of their sheep to sooth their scratches and wounds. How does this apply to our lives (Pro27:7; Isa61:1-3; Ps147:3-4; Luke 7:47; 1Pet 1:8)?
- 4) Brokenness can lead to bitterness when we allow the wound to be filled with the poison of unforgiveness (Eph4:26-27, 31-32; Heb12:15). Explain. Review the three primary wrong ways we deal with past hurts. Which one are you most prone to do?
- 5) Why should we be the most forgiving, reconciling and loving people in this world (v5 "my cup overflows"). How did Joseph deal with the family abuse and years of hardship (Gen50:19-21)? What is God speaking to you through this study? What is your next step toward the freedom of forgiveness? Pray.