

HOW THE GOODNESS OF GOD RESTORES YOU

Psalm 23 – Part 4

“The Lord is my Shepherd; I have everything I need. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul” (Psalm 23:1-3 ESV).

“We work to feed our appetites, but meanwhile our souls go hungry” (Ecclesiastes 6:7 MSG).

“The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18 NIV).

WHAT DAMAGES MY SOUL?

1. Unaddressed Grudges

“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).

2. Unconfessed 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” (Psalm 38:4, 6 NIV).

“The Lord gave us a mind and a conscience; we can’t hide from ourselves” (Proverbs 20:27 GN).

3. Unprocessed Grief

“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 GN).

HOW DOES GOD RESTORE MY SOUL?

1. Jesus Turns My Hurt into Holiness

“God protects me like a strong, walled city, and He loves me. He is my Defender and my Savior, my Shield and my Protection” (Psalm 144:2 NCV).

“We know that in all things God works for the good of those who love Him, who have been called according to His purpose” (Romans 8:28 NIV).

“But He was wounded for the wrong we did; He was crushed for the evil we did. The punishment, which made us well, was given to Him, and we are healed because of His wounds. We all have wandered away like sheep; each of us has gone his own way. But the Lord has put on Him the punishment for all the evil we have done” (Isaiah 53:5-6 NCV).

3. Jesus Feels My Grief and Heals My Heart

“He was despised and rejected by others. He was a man of sorrows, who endured much pain and suffering; He experienced deep grief, but we ignored Him and looked the other way. He was hated and we did not care. Yet it was our weaknesses that He was carrying and it was our sorrows that weighed Him down” (Isaiah 53:3-4 NLT).

“He heals the brokenhearted and binds up their wounds” (Psalm 147:3 NIV).

“To all who mourn...He will give: beauty for ashes; joy instead of mourning; praise instead of heaviness” (Isaiah 61:3 LB).

(continued)

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HOW SHOULD I RESPOND?

1. Trust the Shepherd to Forgive My Sins

“All have sinned; all fall short of God’s glorious ideal; yet now God declares us ‘Not guilty’ of offending Him if we trust in Jesus Christ, who in His kindness freely takes away our sins” (Romans 3:23-24 LB).

2. Release My Offenders and Focus on the Future

“Get rid of all bitterness...forgiving each other just as in Christ God forgave you” (Ephesians 4:31-32 NIV).

“Never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it” (Romans 12:19 LB).

3. Team Up with Jesus to Carry My Load

“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you” (Isaiah 43:2 NLT).