

SOUL SOLUTIONS
PSA. 23:3 / 12-9-20 / WED.

I. FIRST, GOD REMOVES OUR GUILT.

- A. Guilt can destroy our emotional well-being quickly—**Psalms 38:4—(King David) “My guilt has overwhelmed me”. Prov. 20:27—(King David)—The human spirit is the lamp of the Lord that sheds light on one’s inmost being.**
- B. What can we do with it?
- C. None of these things work, though, to alleviate our guilt— Romans 3:23-24; Colossians 2:13-14—13; Jeremiah 31:34b.

II. SECOND, GOD REMOVES OUR GRIEF.

- A. Where does grief come from?
 - 1. Sometimes we cause our own grief by our stupid actions and mistakes.
 - 2. Sometimes we grieve for someone else who is hurting.
- B. What can we do when we’re grieving?
 - 1. We can throw ourselves a “pity party”.
 - 2. We can play the “if only” game.
 - 3. We can withdraw from life and vow never to let anyone hurt us again.
- C. Or we can let God restore our soul.
 - 1. First, accept what can’t be changed—2 Sam 12:22-23.
 - 2. Second, take it to God—2 Sam.12:20.

III. THIRD, GOD REMOVES OUR GRUDGES.

- A. Grudges are the result of what other people have done to us or haven't done for us.
- B. Grudges and resentments seldom hurt the person who caused them.
- C. What can we do with our grudges? Paul offers two suggestions.
 - 1. First, refuse to get even-**Romans 12:19a--Do not take revenge, my dear friends...**
 - 2. Second, realize only God can settle the score-**Romans 12:19b--but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.**