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; 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.