

# God's Antidote to Damaged Emotions

*Psalm 23:3a (AMP) He refreshes and restores my soul (life).*

We get hurt – life is tough. We get beat up by discouragement, disappointment and despair. We can feel fatigued, frustrated or fearful.

We can carry wounds and emotional scars from our past into our present. **But...**

Jesus wants to refresh and to restore our souls by **removing** our **guilt**, **releasing** our **grudges** and by **relieving** our **pain**.

## LET JESUS REMOVE YOUR GUILT

*Psalms 38:4; 6 (GW) My guilt has **overwhelmed** me. Like a heavy load, it is more than I can bear... I am bent over and **bowed down very low**. All day I walk around in mourning.*

Guilt sits in the back of our mind. We try to push it aside, but it never goes away.

**Guilt is like letting someone live rent free in our head.**

**Jesus is the only long-lasting answer to removing your guilt.**

**Romans 3:23-24** (TLB) *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.*

Christianity is built upon the truth that Jesus has paid the penalty of our sin in full.

The solution to removing guilt is to accept what Jesus did for us on the Cross.

**Colossians 2:13-14** (NLT) *You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for **He forgave all our sins.** <sup>14</sup> **He canceled the record of the charges against us and took it away by nailing it to the cross.***

When Jesus forgives, He forgives completely and remembers no more!

**Psalms 103:12** (NLT) *He has **removed our sins** as far from us as the east is from the west.*

If Jesus forgets our confessed sin, so should we!

## **LET JESUS RELEASE YOUR GRUDGES**

Those who carry a grudge insist they are owed something, and they cannot let it go. Grudges result from what other people do to us.

How we handle hurt and offence will determine whether we become a bitter or a better person.

**I choose whether the circumstance will distress me or direct me.**

*Job 5:2 (GNB) To worry yourself to death with resentment would be a foolish, senseless thing to do.*

**Holding onto a grudge only hurts you.**

*Job 18:4 (GNB) You're only hurting yourself with your anger.*

**Don't allow people from your past hurt you now!**

*Ephesians 4:31-32 (NLT) Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you.*

**If we've been forgiven, God expects us to be forgiving.** It is better to forgive and forget than to resent and remember!

## **LET JESUS RELIEVE YOUR PAIN**

Some days we will experience sorrow, loss, and pain, we're going to feel hopeless and in despair.

*Psalms 31:9 (NCV) Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.*

**Life isn't always happy.**

***Blessed are those who **mourn** for they will be **comforted**.***  
***Matthew 5:4 (NIV)***

We need to allow our feelings to be expressed and not to suppress them. **Jesus has a good listening ear.**

If we ***don't*** talk it out, we will ***take*** it out on ourselves or somebody else.

**Accept what cannot be changed.** Our past is behind us! We don't have to remain a prisoner to our pain. It's a choice!

## **RELY ON JESUS**

***Philippians 4:13 (NCV)** I have learned the secret of being happy at any time in everything that happens, I can do all things through Christ, because He gives me strength.*

**Jesus wants to heal your damaged emotions and to restore your soul.** And to renew your confidence, joy, peace and strength.

**Jesus will comfort us in our pain and sorrow**

***Psalm 34:18 (NIV)** The Lord is **close** to the broken hearted and **saves** those who are crushed in spirit.*

***Psalm 62:8 (NIV)** Trust in Him at all times, O people, **pour out your hearts to Him**, for God is our refuge. God wants to comfort us in our hardship!*