

HEALING OUR DEEPEST HURTS

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.
Psalm 23:5

We are engaged in a study of the beloved 23rd Psalm noting God's remedies for the various areas of stress we face in life. Today we focus on the truths of verse 5 relating to our hurts caused by the stress in our relationships. God's Word teaches us what not to do and what we should do.

I. WHAT NOT TO DO WHEN YOU HURT

1. Don't i_____ it
Psalm 39:2,3 (NCV)
2. Don't r_____ from it
Psalm 55:6, 8 (NCV)
3. Don't h_____ it
Psalm 32:3 (NCV)
4. Don't w_____ about it
Job 5:2 (GN)
5. Don't r_____ it
Job 18:4 (GN)

II. WHAT GOD SAYS TO DO WHAT YOU HURT

1. Let Jesus s_____ the score
"You prepare a table before me in the presence of my enemies"
Romans 12:17, 19 (LB)
Matthew 5:7
2. Let Jesus s_____ my wounds
"You anoint my head with oil"
Psalm 147:3 (NCV)
3. Let Jesus s_____ my needs
"My cup overflows"
MY CUP WILL OVERFLOW . . .
With H_____ Romans 15:13 (LB)
With L_____ 1 Thessalonians 3:12 (LB)
With J_____ John 16:24 (LB)