

# The Good Life

Week 4 - "He Restores my Soul" - Psalm 23:3

*"the Word of God that is sharper than a two-edged sword dividing even asunder a soul and spirit."*  
– Hebrews 4:12

*"The Lord is my shepherd, I have everything I need."* – Psalm 23:1

## Three most common things that could damage your soul:

1. \_\_\_\_\_.

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

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

2. \_\_\_\_\_.

*"My guilt has overwhelmed me like a burden too heavy to bear... I'm bowed down and brought low; and all day long I go about mourning."* – Psalm 38:4,6 (LB)

*"The Lord gave us a mind and a conscience; we can't hide from ourselves."* – Proverbs 20:27  
(LB)

## What do we do with guilt?

I. \_\_\_\_\_.

II. \_\_\_\_\_.

III. \_\_\_\_\_.

IV. \_\_\_\_\_.

V. \_\_\_\_\_.

VI. \_\_\_\_\_.

3. \_\_\_\_\_.

*"Lord, have mercy because I'm in misery. My eyes are weak from crying and my whole being is tired from grief."* – Psalm 31:9 (NCV)

## Three ways Jesus helps with grudges, guilt and grief:

1. \_\_\_\_\_.

*"We know that in all things... God works for the good of those who love him."* – Romans 8:28

*"God knew his purpose from the very beginning... he chose them to become like Jesus, his own Son?"* – Romans 8:28

## Nine qualities of Jesus from Galatians 5:23-24:

- Love
  - Peace
  - Kindness
  - Gentleness
  - Self-control
  - Joy
  - Patience
  - Goodness
  - Faithfulness
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## What's the purpose?

*"God knew his purpose from the very beginning and he planned in advance that all of God's family would become like Jesus... Now God's Son is the firstborn of restored humanity."* – Romans 8:29

*"You intended it to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."* – Genesis 50:20 (LB)

2. \_\_\_\_\_

*"I'm going to give you all my goodness so you can get into heaven and I'm going to take all your guilt and I'm going to pay for it on the cross."* – (APV)

*"He was wounded and crushed for our sins. He was beaten and he took our punishment so that we might have peace. And through his wounds, our wounds are healed! All of us have strayed like sheep. We have left God's paths to follow our own. Yet the Lord laid on him the guilt and sins of us all."* – Isaiah 53:5-6 (LB)

*"He was beaten down and punished, but he didn't say a word. He was led out like a lamb to be slaughtered. He was condemned to death without fair judgment. Then he was put to death for the transgressions of everyone else. He died like a criminal then was buried with the rich, even though he had done nothing wrong and had never lied."* – Isaiah 53:7-8 (LB)

*"It was God's plan to cause him to suffer and make his life a guilt offering for our sins, a sacrifice to bring forgiveness... But after his soul suffered many things, he will enjoy life again and again."* – Isaiah 53:10-11 (LB)

*"But my suffering servant, will make many people right with God. He will bear all their sins... He willingly gave his life and was treated like a criminal but he took the place of everyone who had sinned and he interceded for their forgiveness."* – Isaiah 53:11-12 (LB)

3. \_\_\_\_\_

*"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 we looked the other way. He was hated and we did not care. Yet it was our weaknesses that he was carrying on the cross and it was our sorrows that weighed him down."* – Isaiah 53:3-4

*"He heals the brokenhearted and he binds up their wounds."* – Psalm 147:3 (NIV)

## How do I respond to what Jesus has done for me?

1. \_\_\_\_\_

*"All of us have sinned, yet God declares us not guilty if we trust in Jesus Christ when his mercy freely takes away our sins."* – Romans 3:23-24

2. \_\_\_\_\_

*"Get rid of all bitterness. Forgiving each other just as Christ forgave you."* – Ephesians 4:30 (NIV)

*"Never avenge yourselves. Leave that to God."* – Romans 12:19 (LB)

3. \_\_\_\_\_

*"I want to team up with you. I want to yoke up with you."* – Matthew 11:29

*"Come to me, all of you who are weary and carry a heavy burden, come to me and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly and the burden I give you is light."* – Matthew 11:28-30 (LB)

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