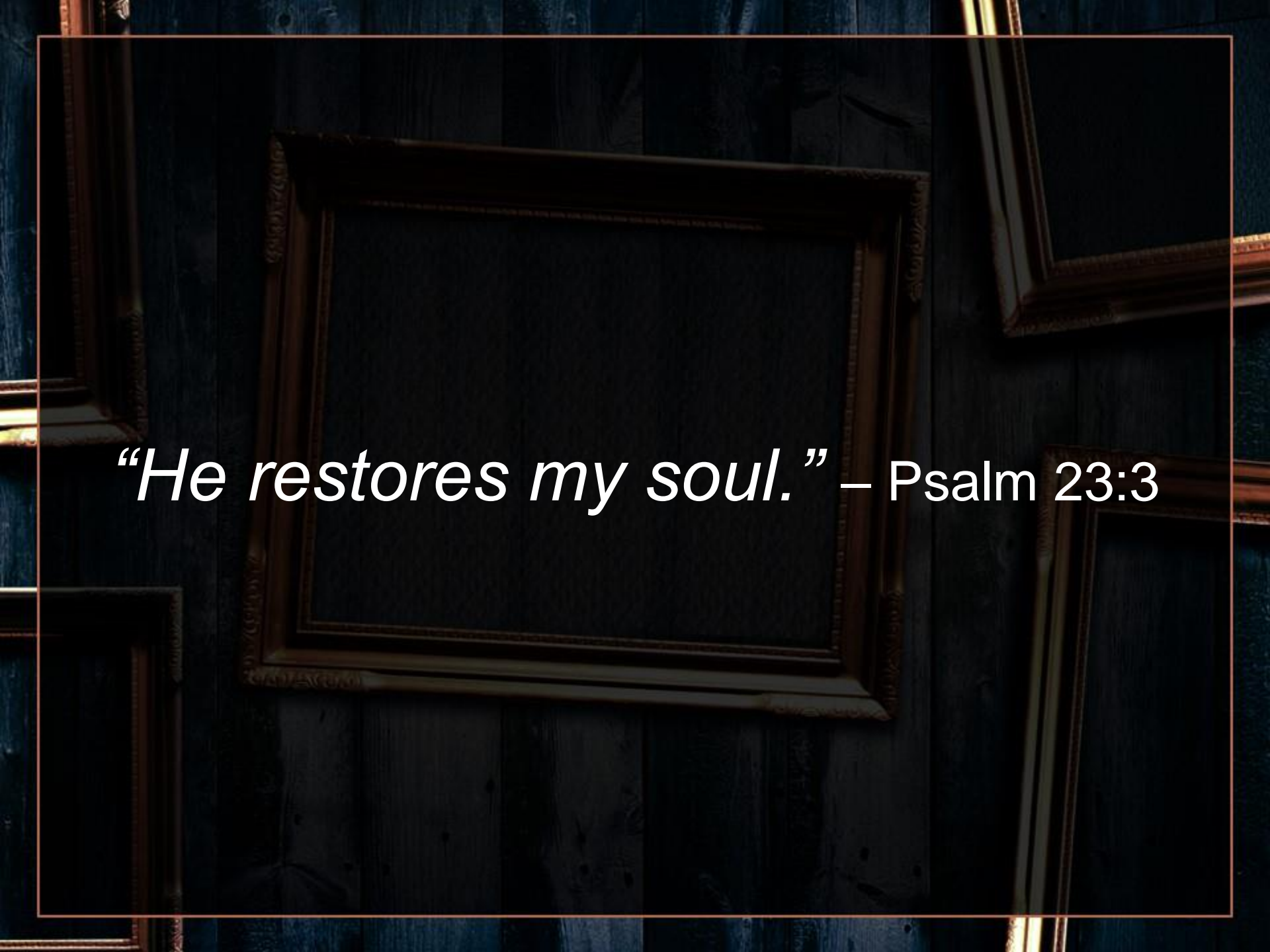




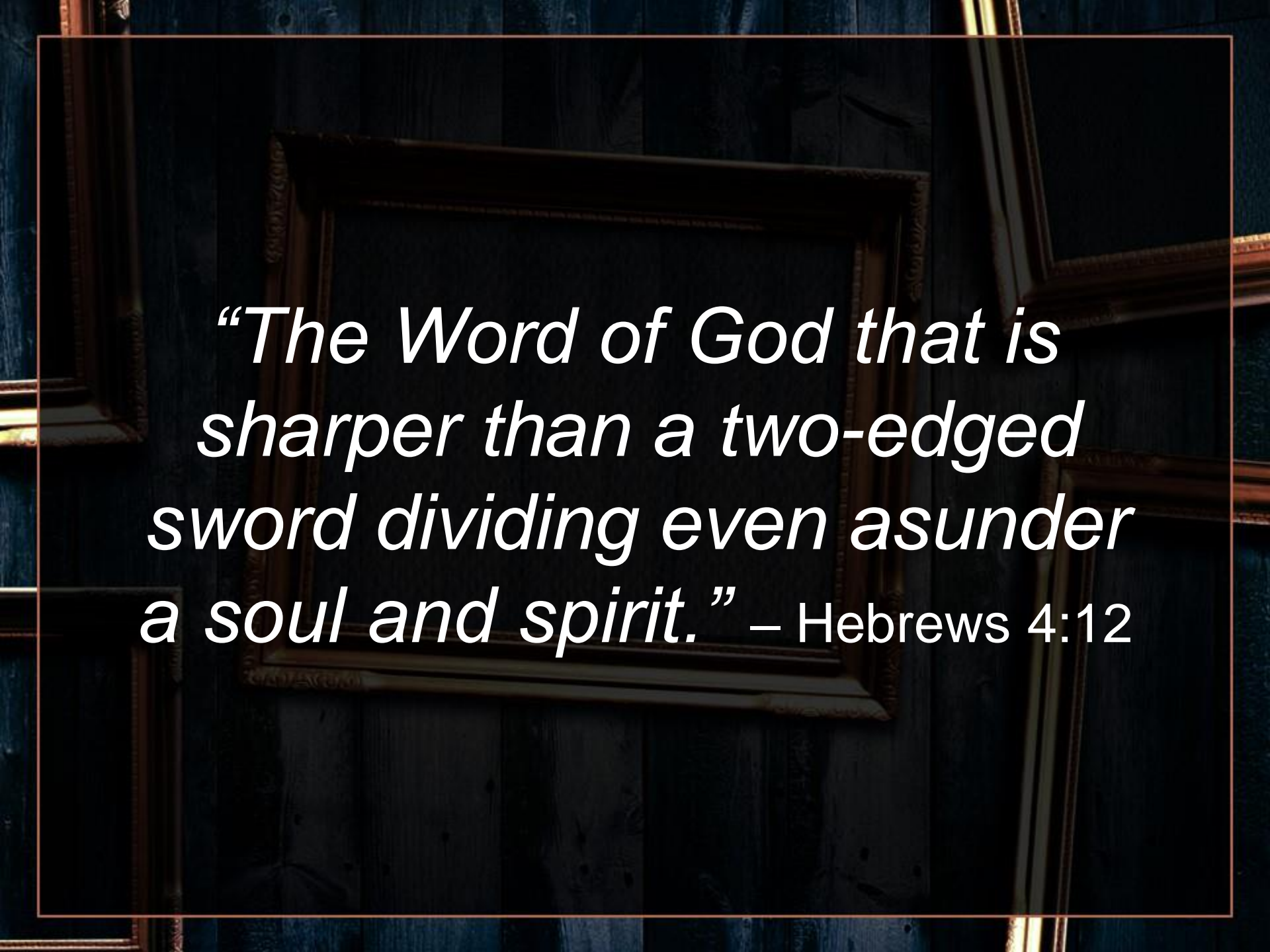
THE
GOOD
Life

A dark blue wooden wall with several empty, ornate gold picture frames hanging on it. The frames are arranged in a grid-like pattern, with one frame in the center being the most prominent. The lighting is dim, creating a moody atmosphere.

“He restores my soul.” – Psalm 23:3



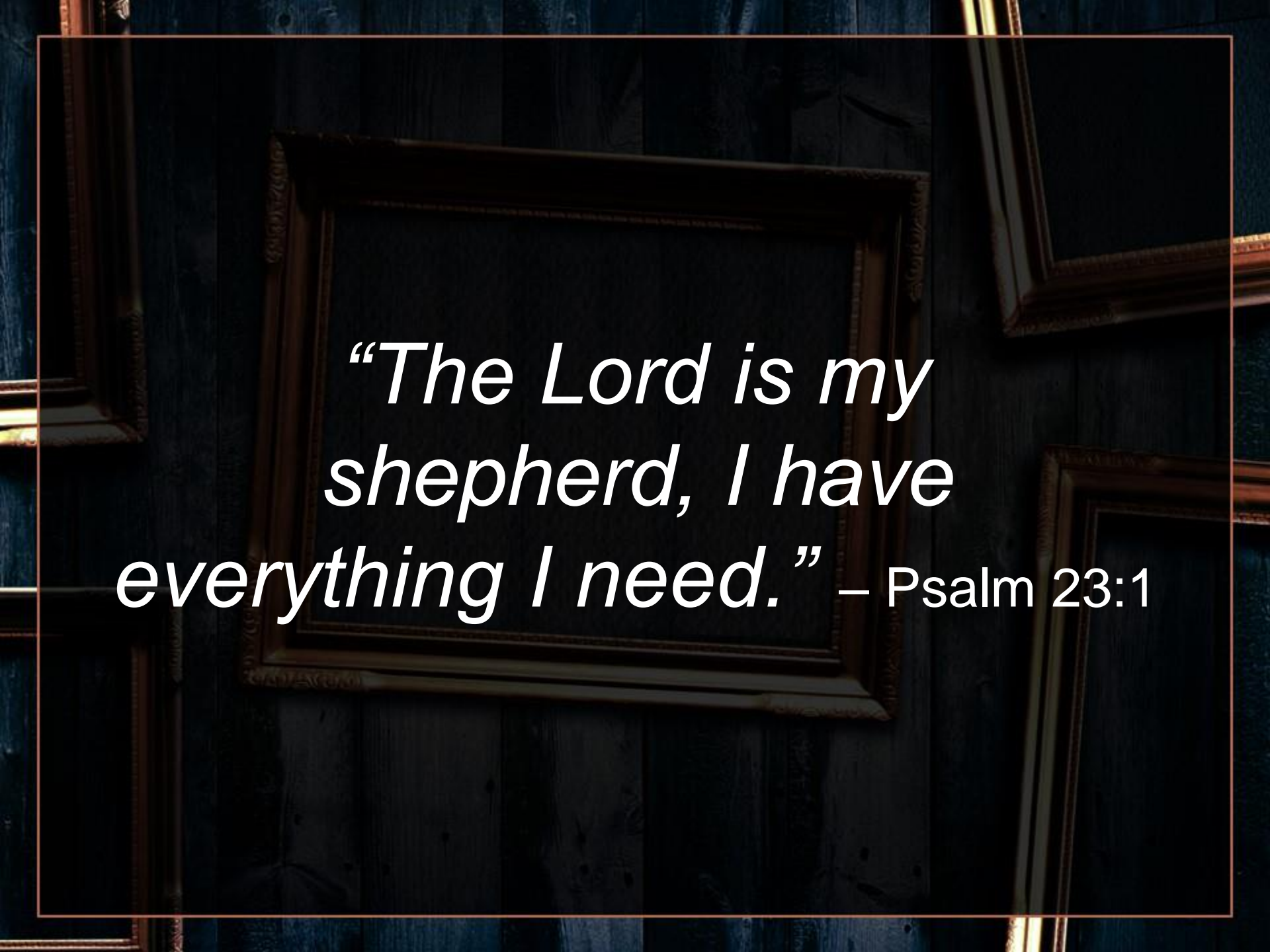
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“The Word of God that is sharper than a two-edged sword dividing even asunder a soul and spirit.” – Hebrews 4:12



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



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Three most common things that
could damage your soul:

1. Grudges that I
leave unresolved.



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What do you do when you're hurt?

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” – Job 5:2 (GNT)

What do you do when you're hurt?

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

A central gold-framed sign is mounted on a dark blue, vertically-grained wood-paneled wall. The sign has a black background and features the text 'THE GOOD Life' in white. 'THE' and 'GOOD' are in a bold, sans-serif font, while 'Life' is in a white script font. The sign is surrounded by several other empty gold-framed picture frames of various sizes, some partially visible on the left and right sides of the image. The lighting is dramatic, highlighting the texture of the wood and the ornate details of the frames.

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Life

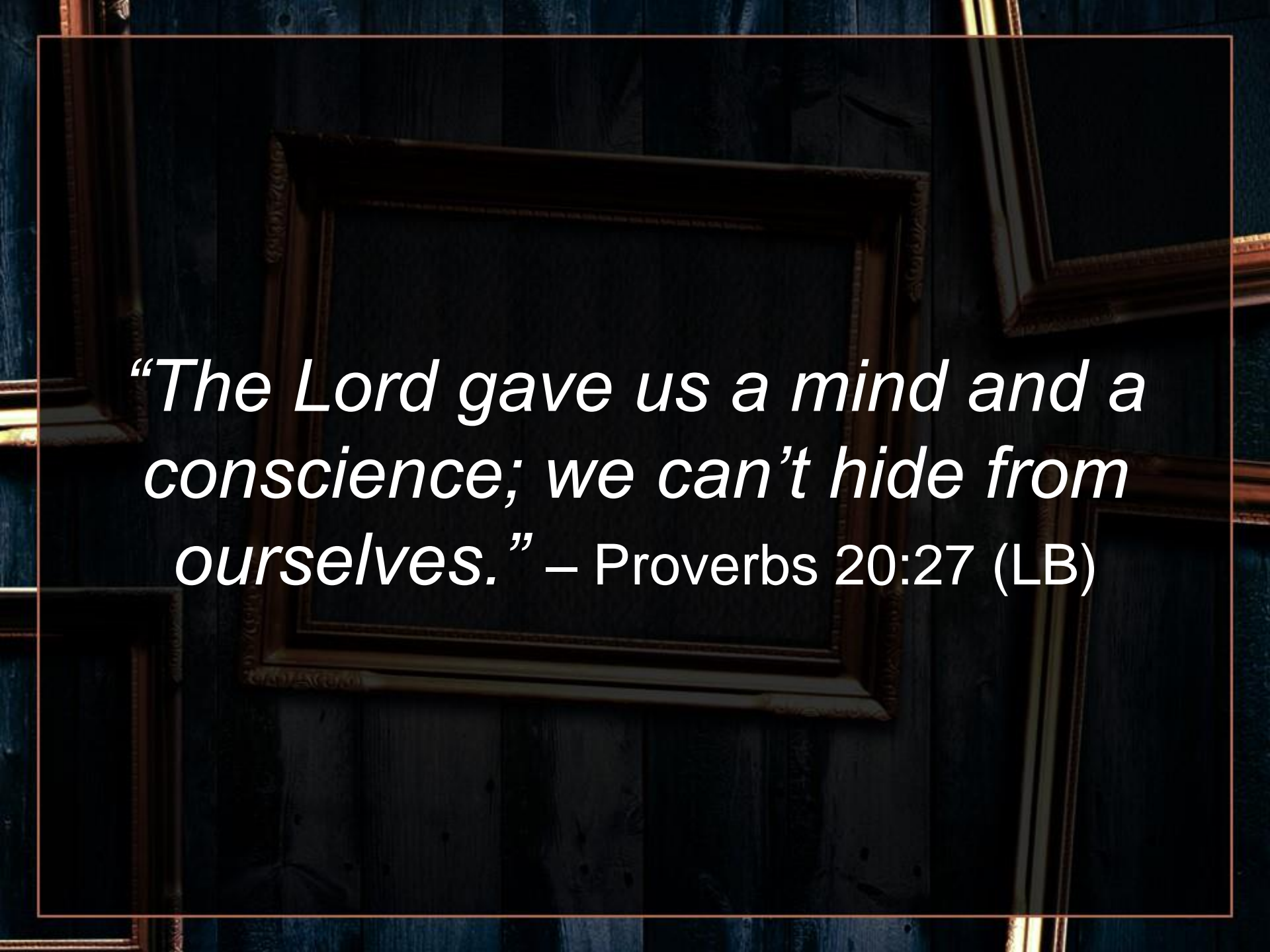
Three most common things that
could damage your soul:

2. Carrying around
unconfessed guilt.



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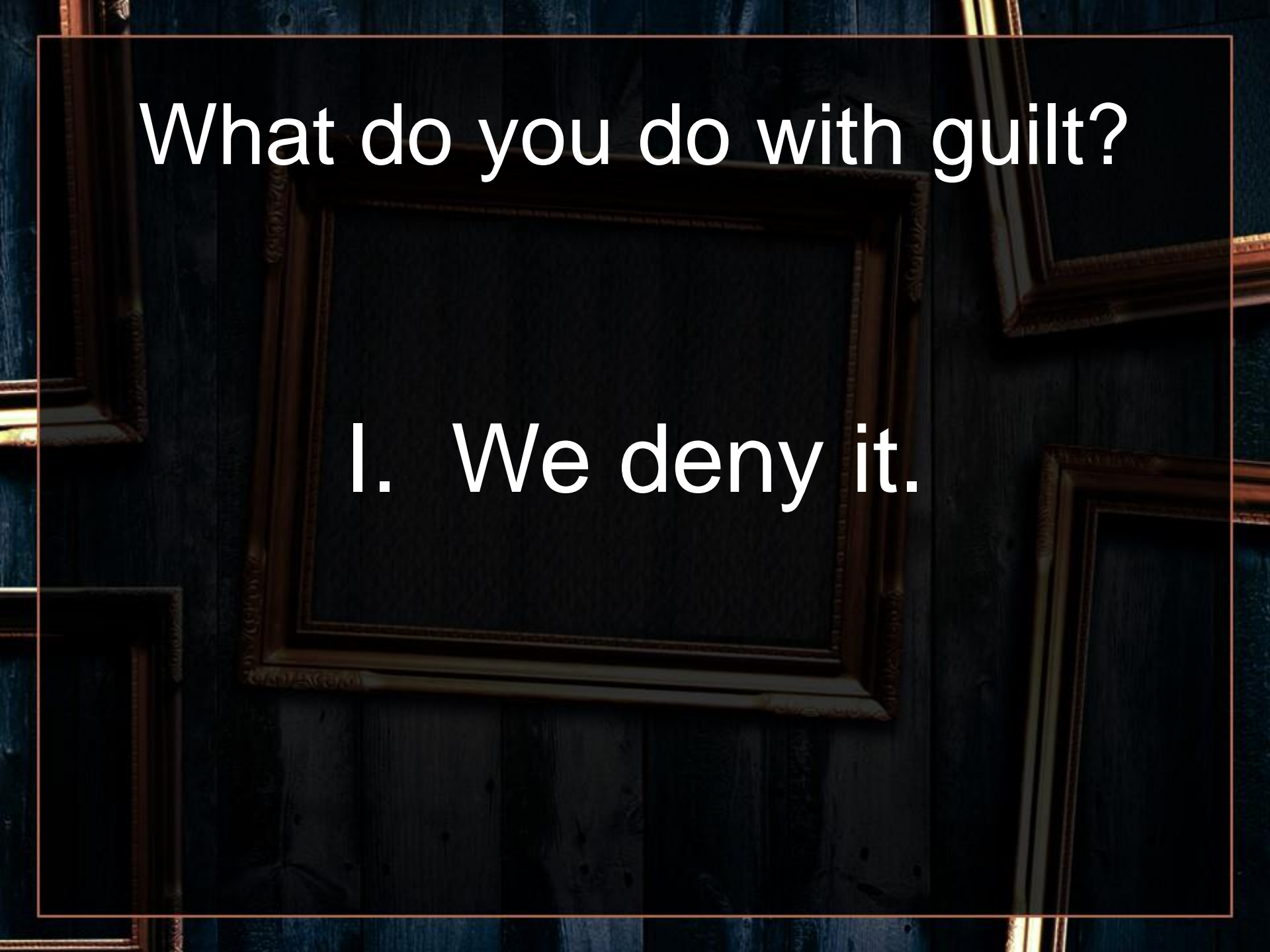
*“My guilt has overwhelmed me
like a burden too heavy to bear...
I’m bowed down and brought low;
and all day long I go about
mourning.” – Psalm 38:4,6 (LB)*



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

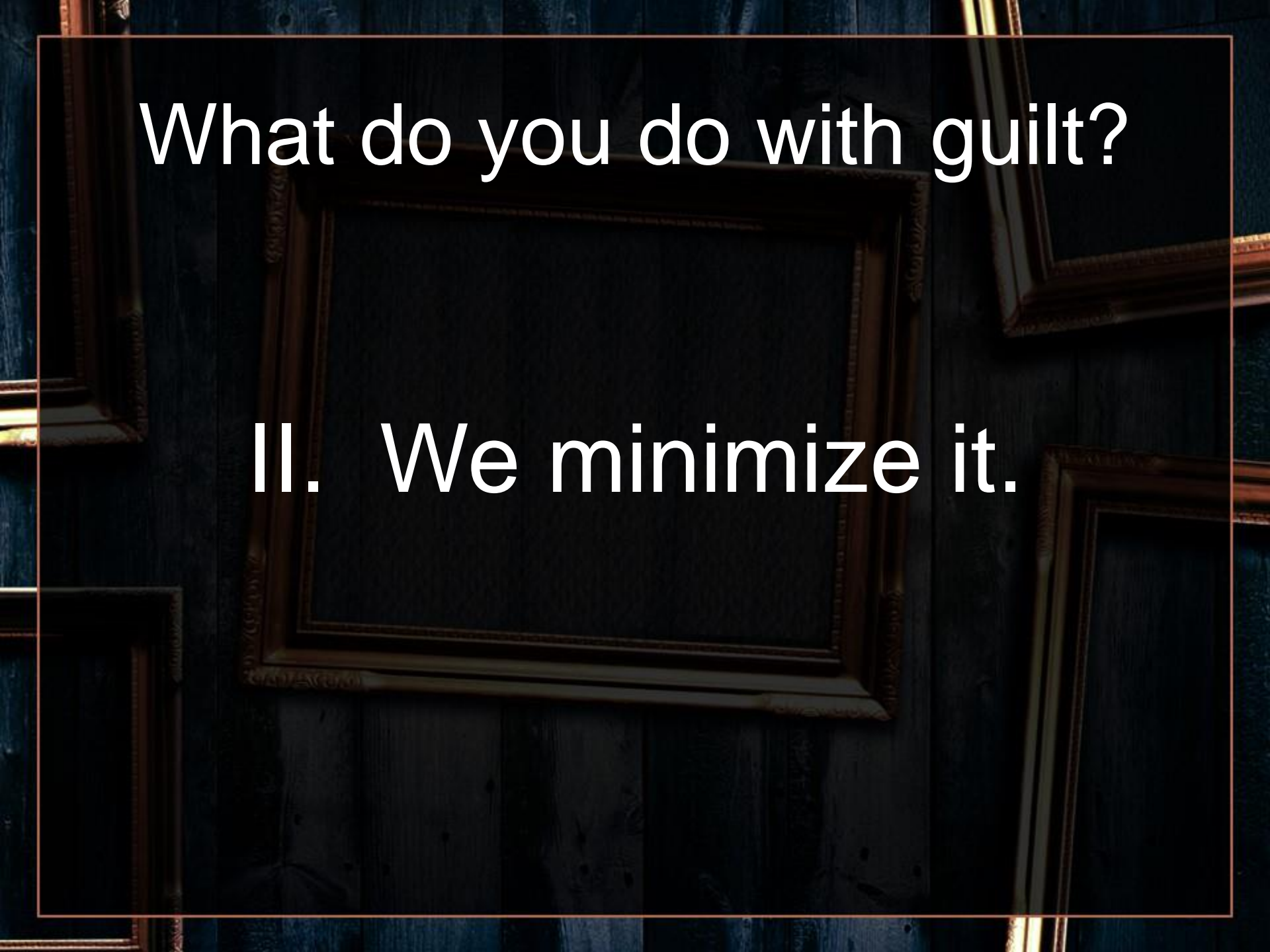


THE
GOOD
Life



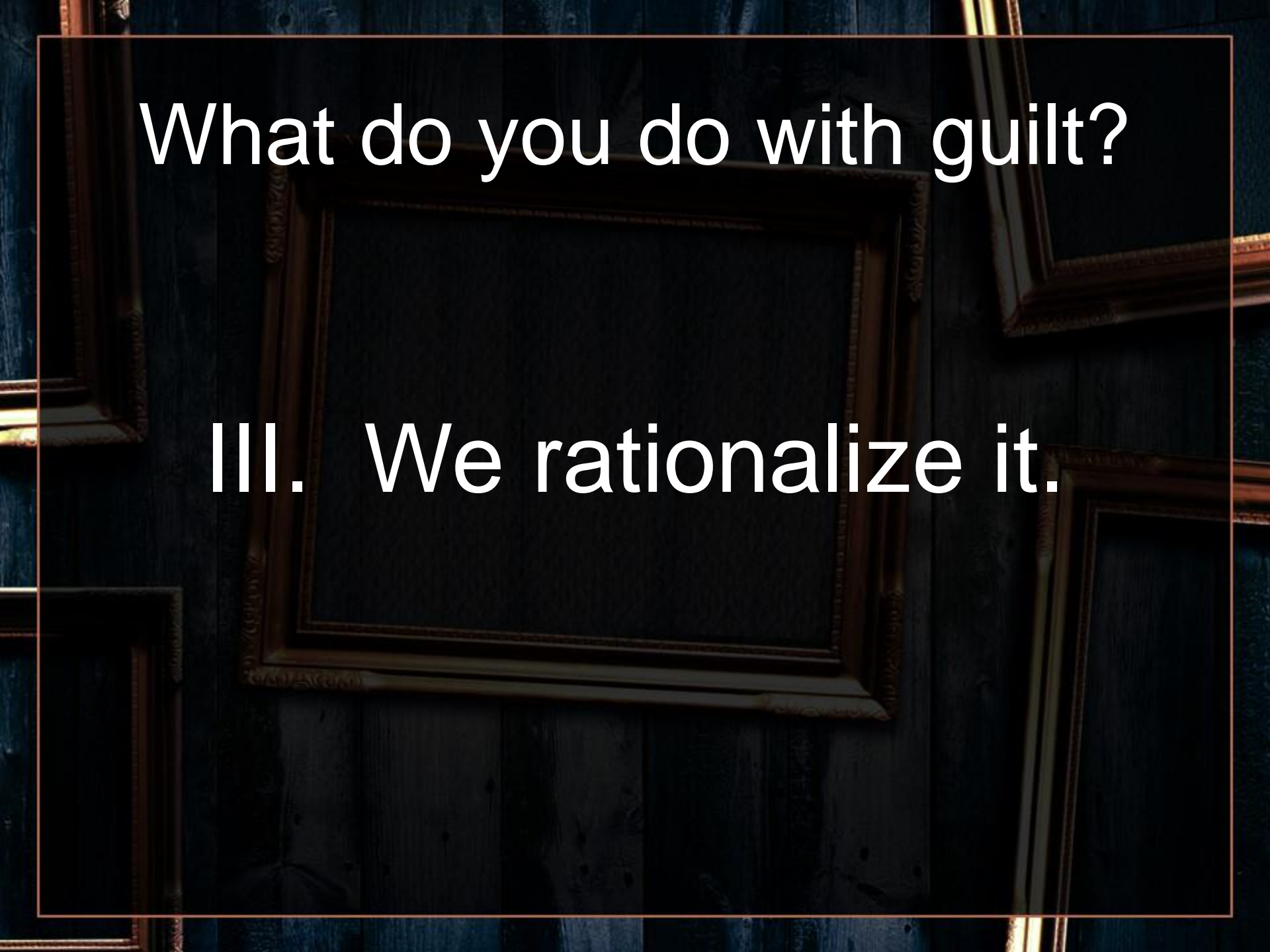
What do you do with guilt?

I. We deny it.



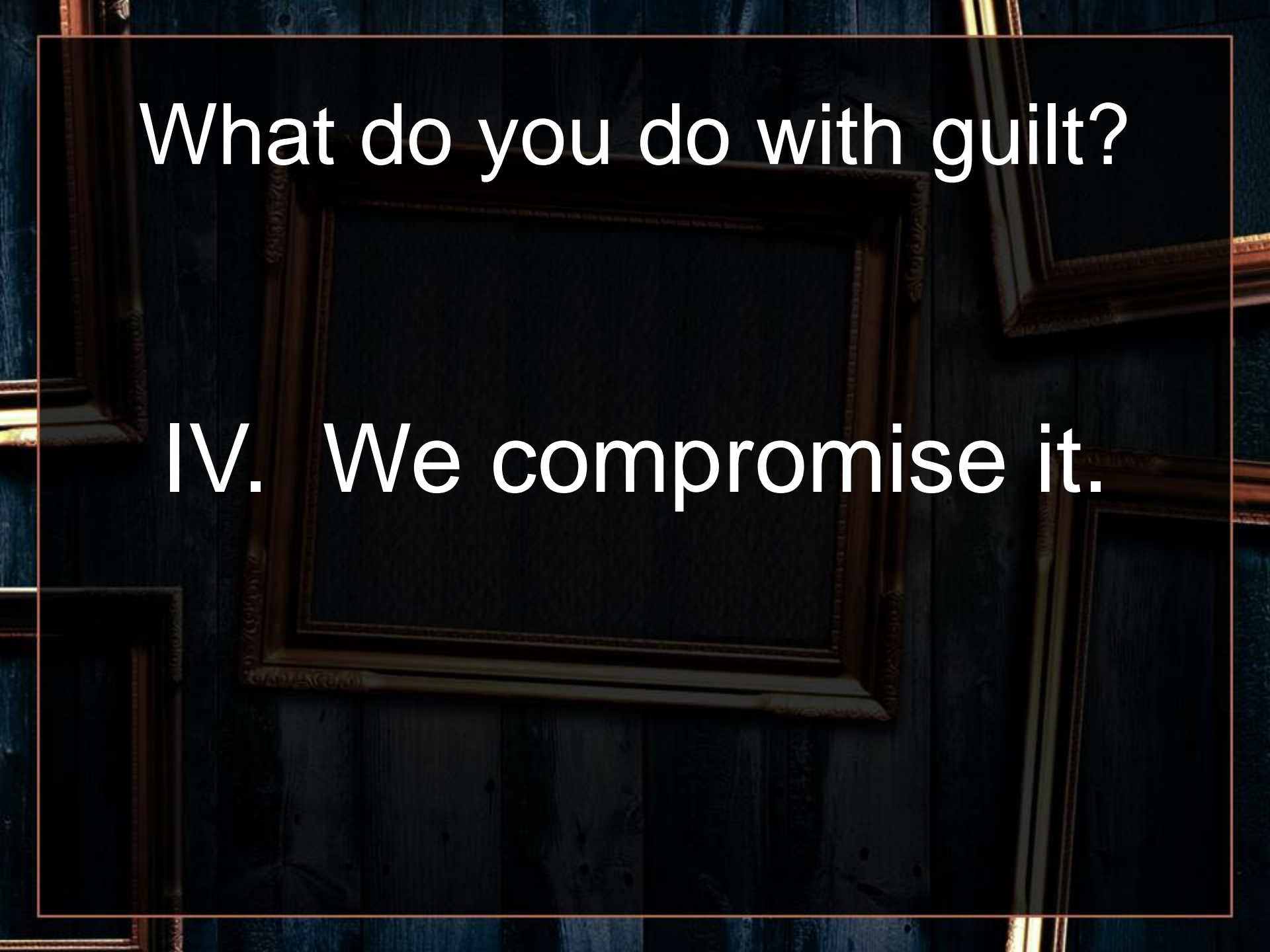
What do you do with guilt?

II. We minimize it.



What do you do with guilt?

III. We rationalize it.

The background of the image is a dark blue, vertically-grained wooden wall. Several empty, ornate gold picture frames are scattered across the wall, some partially visible and others more prominent. The lighting is dim, creating a somber and contemplative atmosphere.

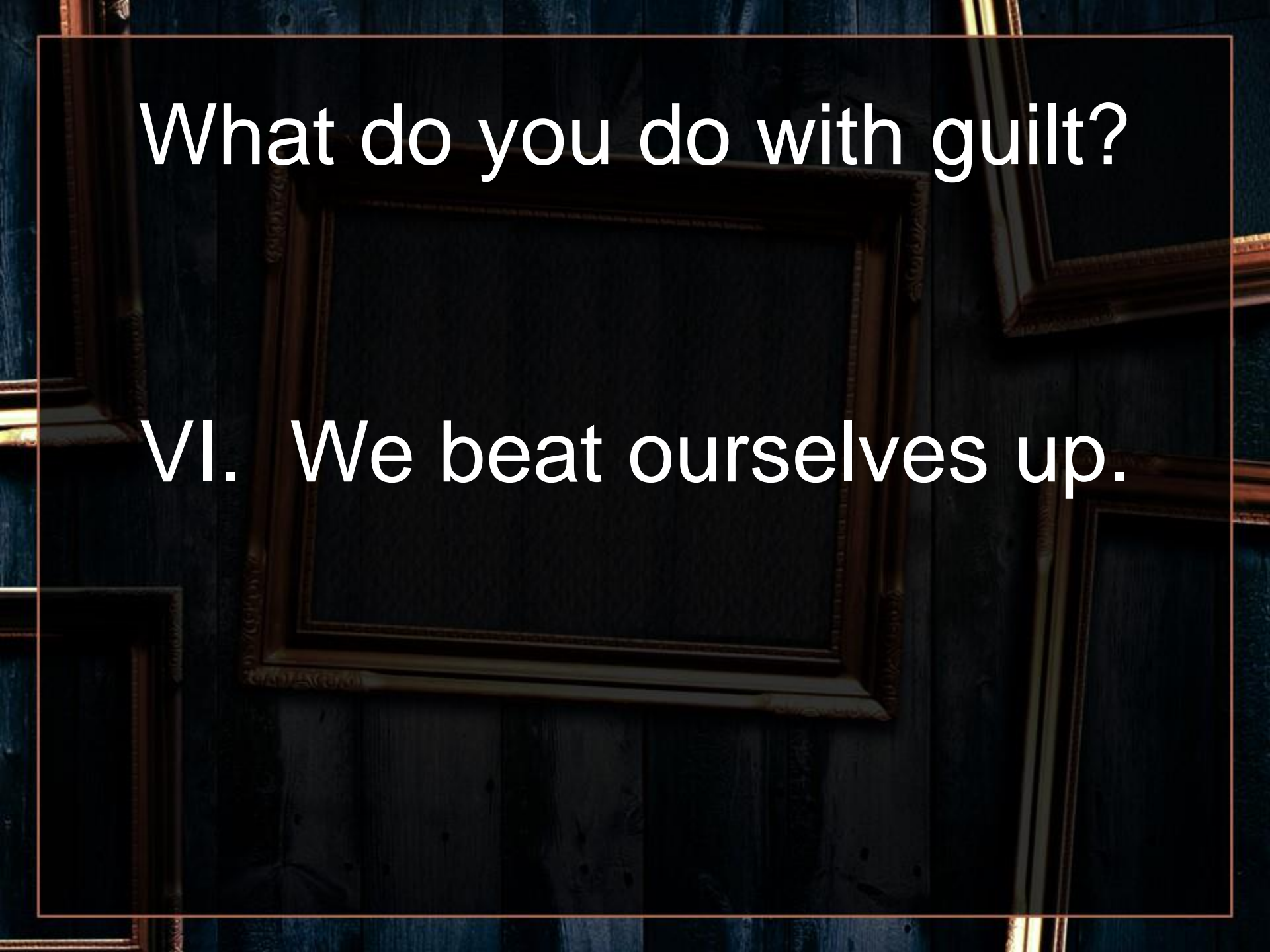
What do you do with guilt?

IV. We compromise it.



What do you do with guilt?

V. We blame other people.

The background of the slide is a dark blue, vertically-grained wooden wall. Several empty, ornate gold picture frames are scattered across the wall, some hanging and some leaning against the wall. The lighting is dramatic, with highlights on the gold frames and deep shadows in the wood grain.

What do you do with guilt?

VI. We beat ourselves up.



THE
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Three most common things that
could damage your soul:

3. Grief that has not
been processed.

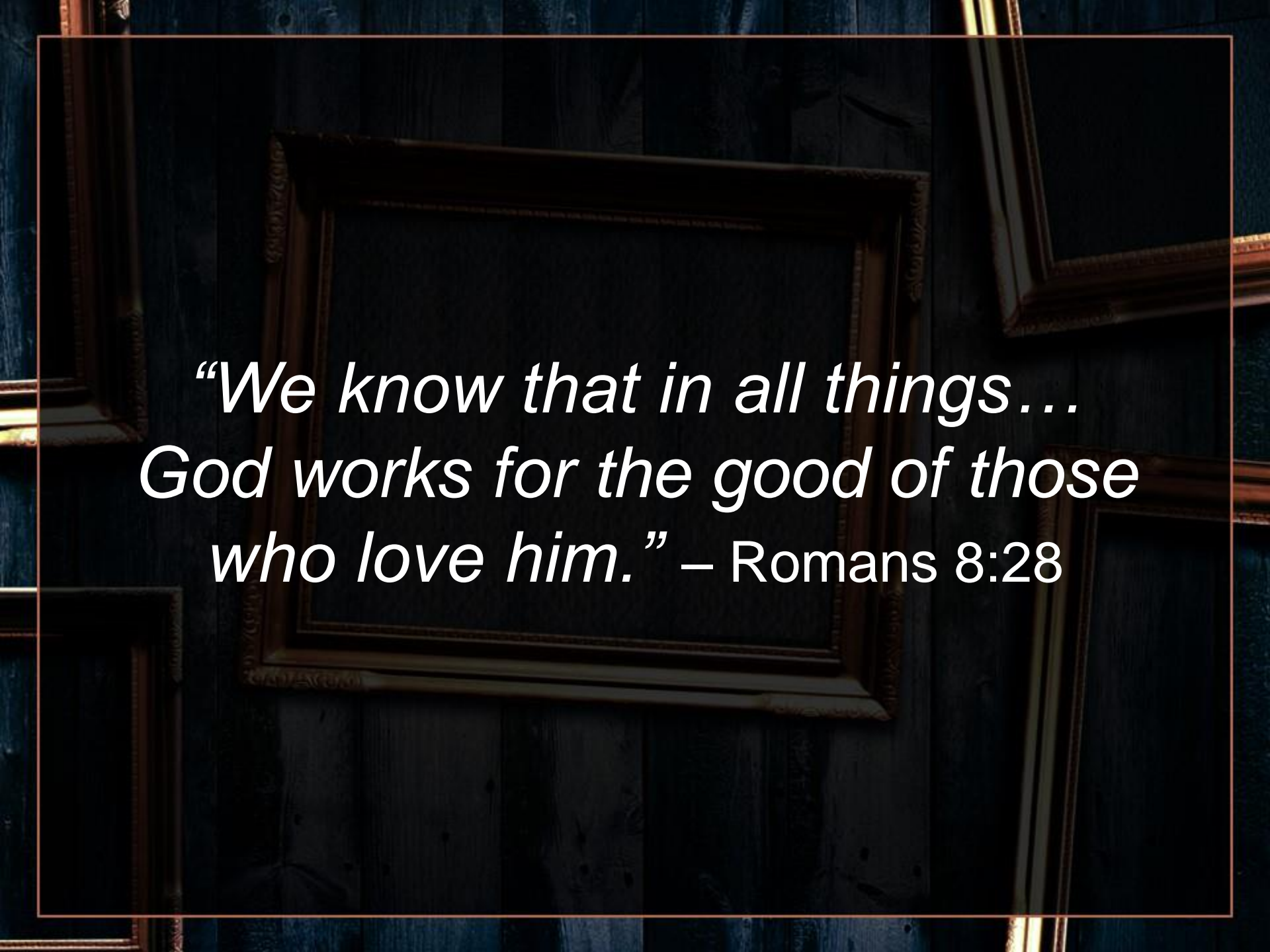
“Lord, have mercy because I’m in misery. My eyes are weak from so much crying and my whole being is tired from grief.” – Psalm 31:9 (NCV)

Three ways Jesus helps with
grudges, guilt and grief:

1. Jesus turns my hurts
into righteousness.



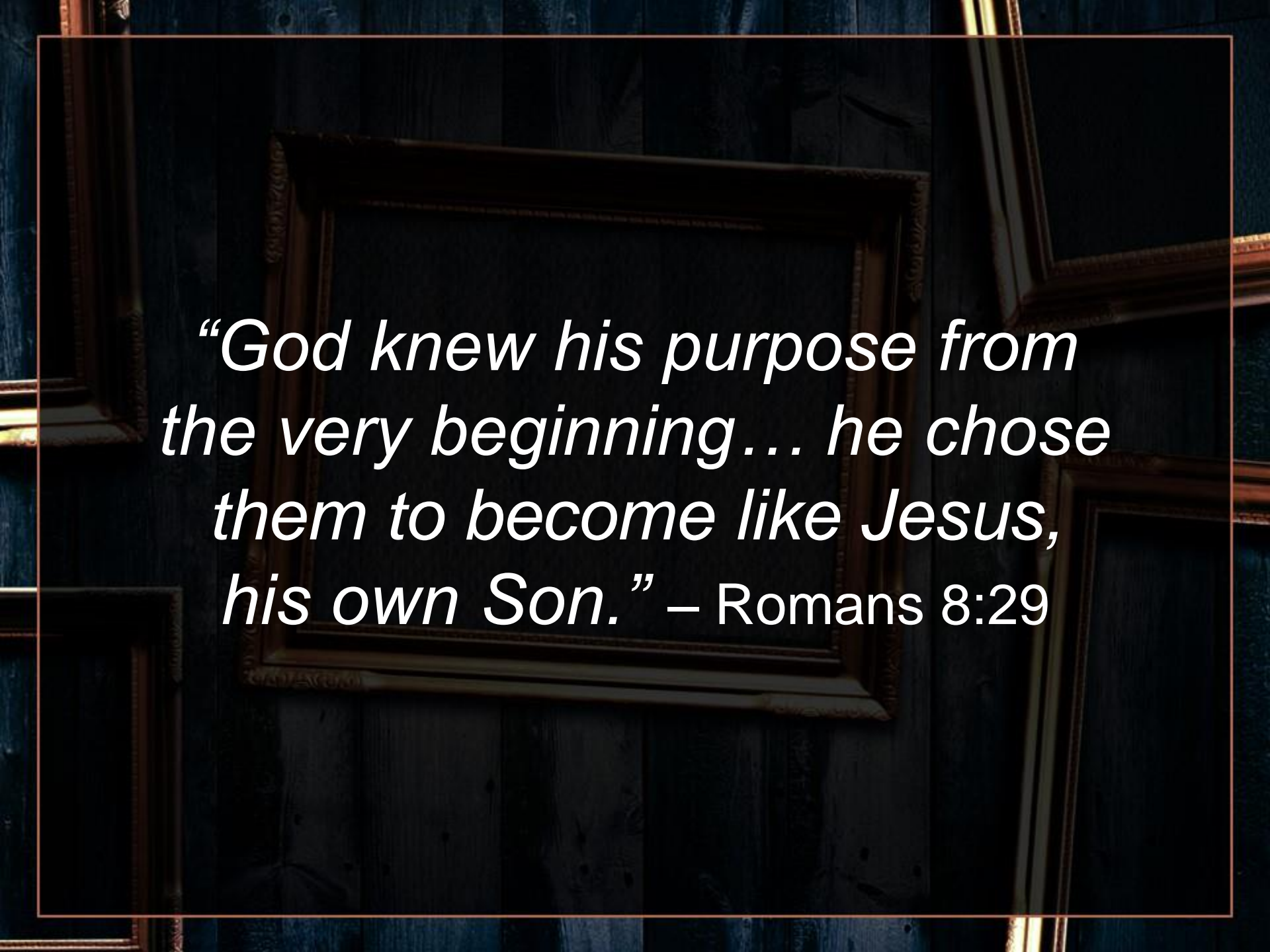
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*“We know that in all things...
God works for the good of those
who love him.” – Romans 8:28*



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“God knew his purpose from the very beginning... he chose them to become like Jesus, his own Son.” – Romans 8:29



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Nine Qualities of Jesus from Galatians 5:23-24:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Gentleness
- Faithfulness
- Self-control



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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



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*“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)



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Three ways Jesus helps with
grudges, guilt and grief:

2. Jesus comes in and
takes all of my sin.

“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)



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“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)



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“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 and joy 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)



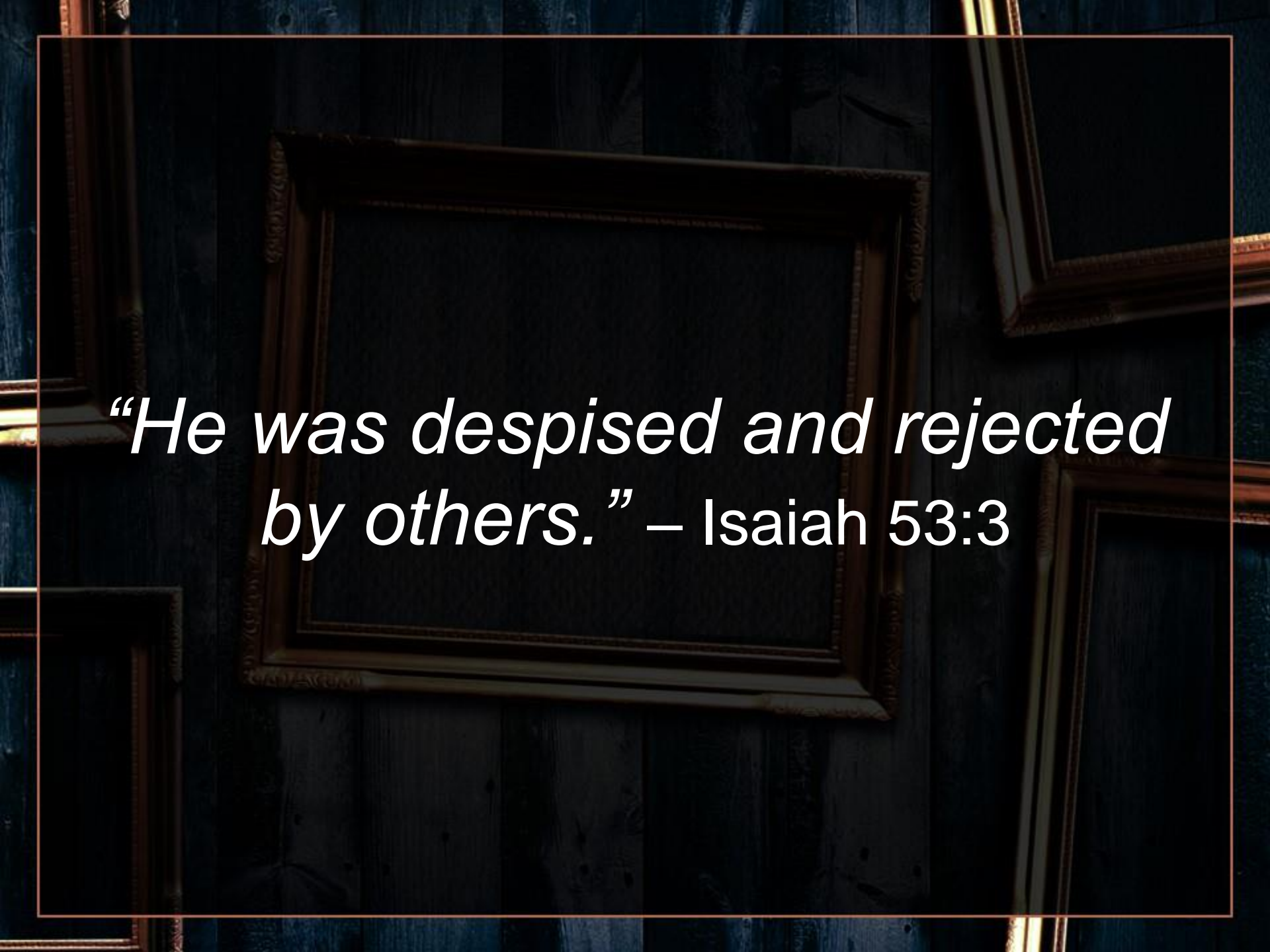
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Three ways Jesus helps with
grudges, guilt and grief:

3. Jesus knows my grief
and heals my broken heart.



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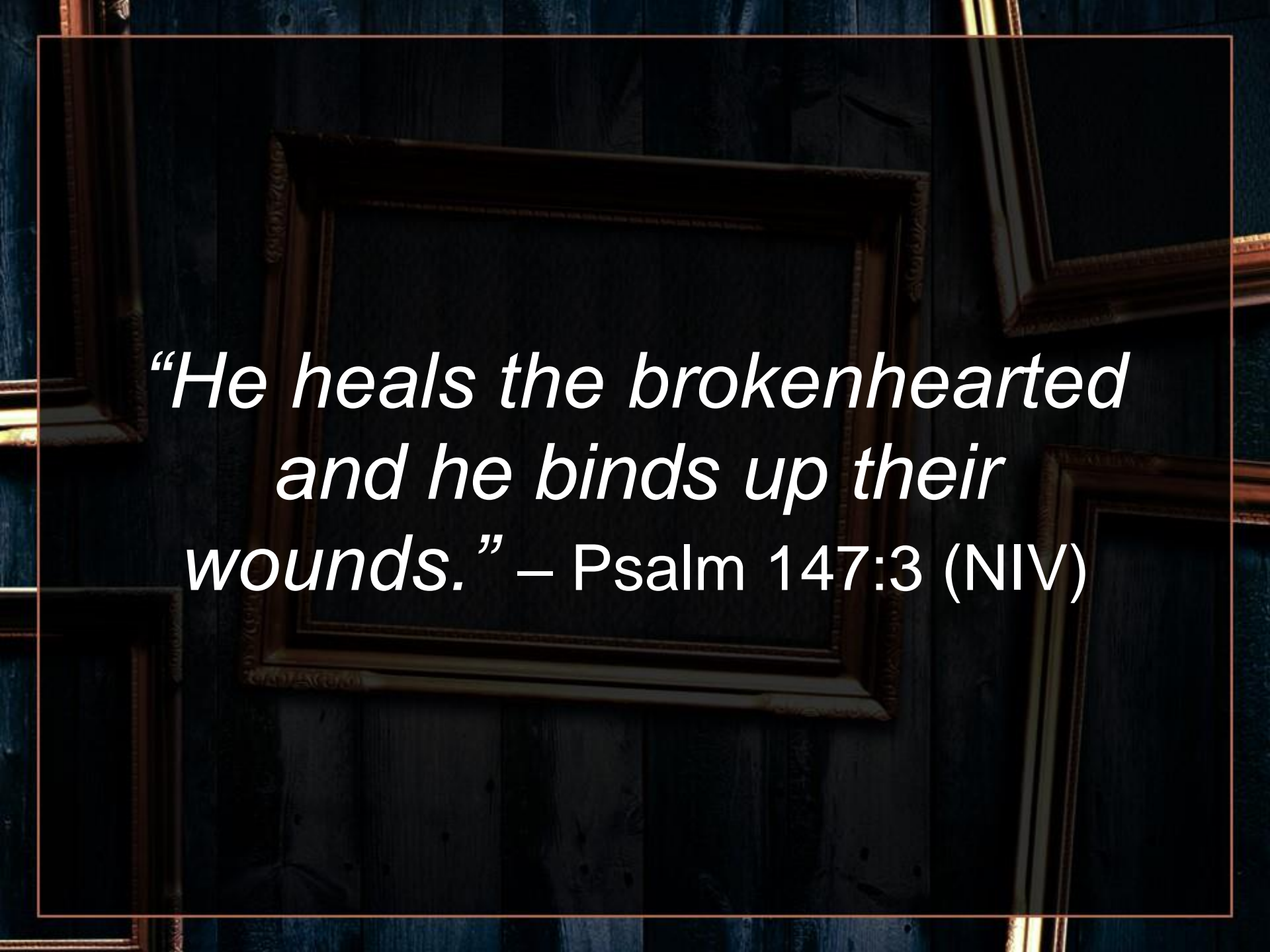


*“He was despised and rejected
by others.” – Isaiah 53:3*



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“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)



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

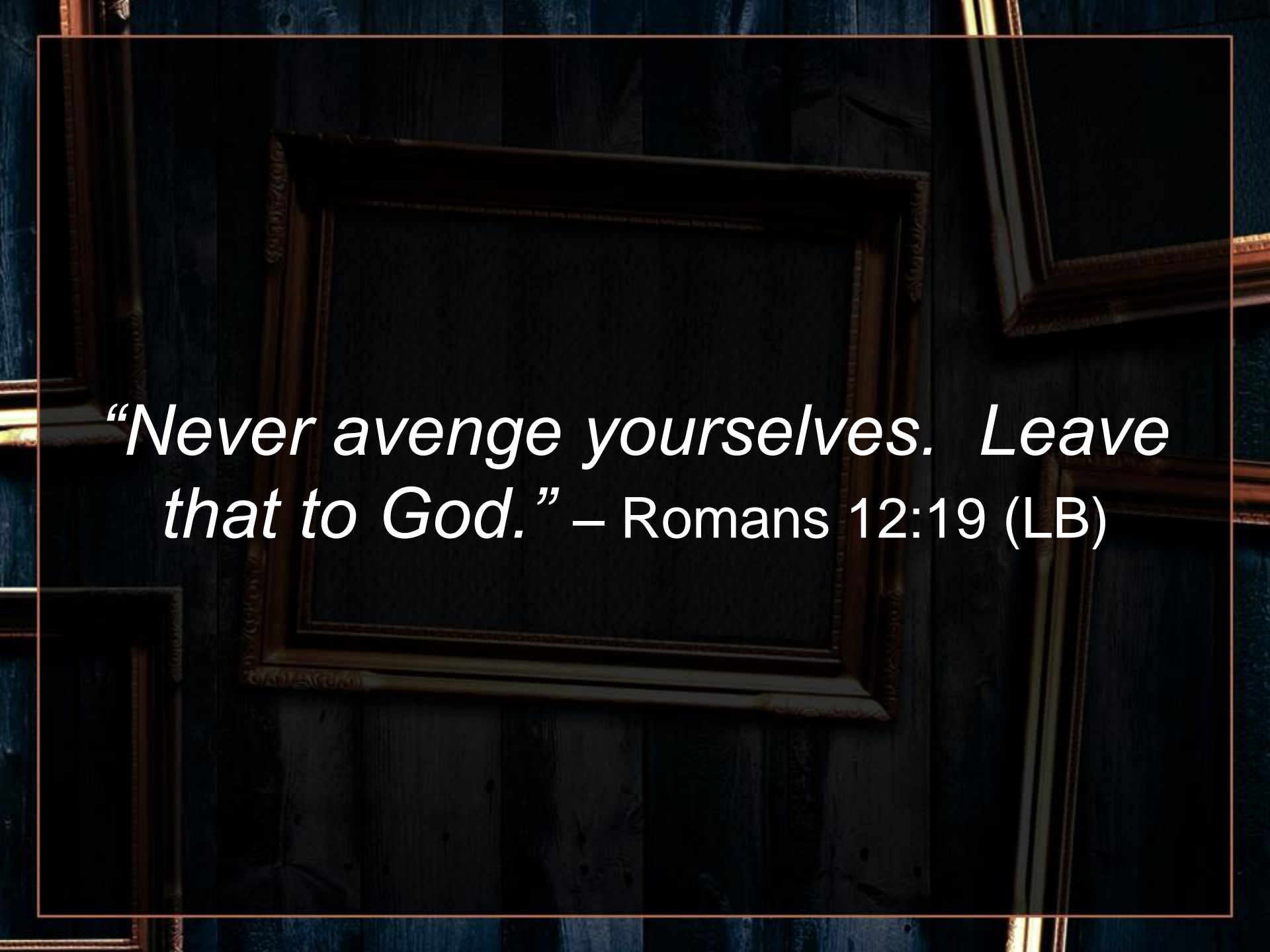
1. Trust Jesus to forgive my sins.

“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

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

2. Forgive my offenders and
focus on the future.

*“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)

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

3. I allow Jesus to carry my load.

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



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“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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