

FINDING PEACE IN A PRESSURED WORLD

Part 3 - Lord, Please Bring Me Back
Psalm 23:3

Pastor Mark Hartman
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I. INTRODUCTION

II. WHAT DID DAVID MEAN WHEN HE ASKED GOD TO RESTORE HIS SOUL?

- A. The Bible most often uses the word soul to talk about who we are on the inside in the here and now; meaning our mind, will and emotions.

Psalm 42:11 Why are you cast down, o my soul?

- B. To restore our soul means that God restores our confidence, our peace, our safety, our strength and our joy.

III. WHAT CAUSES OUR SOUL TO BE BECOME "CAST"?

A. Damaging Decisions.

1. *Psalm 51:12 Lord, restore unto me the joy of your salvation.*
2. *Galatians 6:7 Do not be deceived: God cannot be mocked. A man (person) reaps what he sows. (NIV)*
3. *1 John 1:9 If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (NIV)*

B. Painful Grief.

1. Decide to analyze the hurt only for the purpose of **learning** from it and then let it go.
2. Decide to **accept** what you cannot change.
3. Make a decision to see life from a **balanced** viewpoint.

Ecclesiastes 3:1, 2, 4 There is a time for everything, and a season for every activity under heaven: ² a time to be born and a time to die... ⁴ a time to weep and a time to laugh, a time to mourn and a time to dance...

4. Make a decision to **trust** the Lord to turn the hurtful things into a blessing.
 - a. *Romans 8:28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*
 - b. *Psalm 18:2-3 The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. ³ I call to the LORD, who is worthy of praise, and I am saved from my enemies.*
5. Decide to begin focusing on your **future**.

*Psalm 30:10-12 Hear, O Lord, and be merciful to me; O Lord, be my help."
¹¹ You turned my grief into dancing; you removed my sackcloth and clothed me with joy, ¹² that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.*

C. Aimless **Drifting**.

CDs and DVDs of today's sermon or previous sermons are available for purchase after the service at our Water's Edge Resource Center.

Notes:
