



Shepherd | Week 3
Bill Bush | 09.26.2020

Big Idea

Emotional healing is more than a feeling.

Psalm 23

¹ The Lord is my shepherd;
I have all that I need.

² He lets me rest in green meadows;
he leads me beside peaceful streams.

³ He renews my strength.
He guides me along right paths,
bringing honor to his name.

⁴ Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.

Your rod and your staff
protect and comfort me.

⁵ You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.

⁶ Surely your goodness and unfailing love will pursue me
all the days of my life,
and I will live in the house of the Lord
forever.

THE PATH TO EMOTIONAL HEALING

2 Samuel 12:13-25

¹³ Then David confessed to Nathan, "I have sinned against the Lord."

Nathan replied, "Yes, but the Lord has forgiven you, and you won't die for this sin.

¹⁴ Nevertheless, because you have shown utter contempt for the word of the Lord by doing this, your child will die."

¹⁵ After Nathan returned to his home, the Lord sent a deadly illness to the child of David and Uriah's wife.

¹⁶ David begged God to spare the child. He went without food and lay all night on the bare ground.

¹⁷ The elders of his household pleaded with him to get up and eat with them, but he refused.

¹⁸ Then on the seventh day the child died. David's advisers were afraid to tell him. "He wouldn't listen to reason while the child was ill," they said. "What drastic thing will he do when we tell him the child is dead?"

¹⁹ When David saw them whispering, he realized what had happened. "Is the child dead?" he asked.

"Yes," they replied, "he is dead."

²⁰ Then David got up from the ground, washed himself, put on lotions, and changed his clothes. He went to the Tabernacle and worshiped the Lord. After that, he returned to the palace and was served food and ate.

²¹ His advisers were amazed. "We don't understand you," they told him. "While the child was still living, you wept and refused to eat. But now that the child is dead, you have stopped your mourning and are eating again."

²² David replied, "I fasted and wept while the child was alive, for I said, 'Perhaps the Lord will be gracious to me and let the child live.'

²³ But why should I fast when he is dead? Can I bring him back again? I will go to him one day, but he cannot return to me."

²⁴ Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and David named him Solomon. The Lord loved the child

²⁵ and sent word through Nathan the prophet that they should name him Jedidiah (which means "beloved of the Lord"), as the Lord had commanded.

1. Accept what can't be changed.

- Let God remove your guilt.
- Let God replace your grudges.

2. Worship in the valleys not just the victories.

- When I only worship in the wins, then it is about my good not God's glory.

3. Focus on moving forward not looking back.

- How has holding on to your past prevented you from moving forward?