

Soul Food

Psalm 23:5–6 (NLT)

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 key to a healthy soul starts with what we feed it
- How full is Your Cup?
- How depleted are you?

Tell Her to Help Me

Luke 10:38–42 (NLT) No Slide:

Aren't we a lot like Martha?

- Worried and upset about many things
- Overwhelmed, overscheduled, and exhausted
- He's not just there for the food but for the connection
- Jesus said, "there is only one thing worth being concerned about"
- Martha missed it – Mary got it!

Five things are key if we are going to live a replenished life

- Connect with God
- Spend quality time with Family
- Satisfaction in work
- Make time for recreation
- Exercise

3 John 2 (NKJV)

² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Matthew 11:28–30 (NKJV)

²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”

- Your soul must rest to prosper just like your body needs rest to be in good health
- Engaging in activities and taking on responsibilities initiated by man instead on the Holy Spirit is a recipe for failure

The key is to magnify the Lord in our soul

Luke 1:46–47, 49 (NKJV)

⁴⁶ And Mary said: “My soul magnifies the Lord,
⁴⁷ And my spirit has rejoiced in God my Savior. ⁴⁹ For He who is mighty has done great things for me, and holy *is* His name.

- Your soul is a magnifier
- Whatever your soul magnifies will determine what you experience in life
- The thing, person, or circumstance you set your focus on eventually will totally consume your entire being
- What you magnify is what becomes the most important thing in your life

Removing Un-Forgiveness

If I asked how many of us have been wronged by someone every hand would go up

- Every one of us have been mistreated, victimized and offended
- Sometimes we grossly underestimate the true cost of a relational rift
- We think we can go about our lives unaffected by conflicts and fractures with people that we care about
- Relational breakdowns extract energy from us

This will affect every area of our lives including our relationship with God

No one understands the cost of broken relationships better than Jesus

When He felt betrayed by those closest to him, including God He chose forgiveness and prayed an extraordinary prayer

Luke 23:34 (NLT)

³⁴ Jesus said, “Father, forgive them, for they don’t know what they are doing.”* And the soldiers gambled for his clothes by throwing dice.*

- Right in the midst of being wronged Jesus forgave those who wronged Him
- These soldiers were professional killers
- They mocked, beat, whipped and hung Him on a cross
- Fighting for every breath, Jesus forgave

What kind of impact Did this prayer have on those who were present at the crucifixion?

Mark 15:39 (NLT)

³⁹ When the Roman officer* who stood facing him* saw how he had died, he exclaimed, “This man truly was the Son of God!”

Years later Paul the Apostle wrote...

Romans 5:8 (NLT)

⁸ But God showed his great love for us by sending Christ to die for us while we were still sinners.

- While we were trapped in sin, Jesus forgave us
- You can tell a lot about someone’s heart by the way they pray for those they are wronged by
- Your prayers provide a unique window into the true condition of your soul
- In life and death, Jesus valued people

We live in a world of serial wrong doers

- I am one and so are you
- Human nature is to put ourselves before others
- When we do we cause harm

Responding to Wrongs – Three Categories

- Minor Offenses
- Legitimate Offenses
- Life Shattering Offenses

Minor Offenses

We all can misunderstand and miscommunicate

We need to take the time to consider the other person

- What are they feeling?
- What are they going through?

How might we have misunderstood their words or actions?

Is there really any long-lasting damage that has been done?

I tend to lose patience when I hear people say...

- Did you hear what so and so said, and what such and such did to me?
- Can you believe it?

Keep things in perspective

1 Corinthians 13:5 (NLT) Love is not

⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.

- NKJV – “not provoked”
- We should be so filled with God’s kindness, graciousness and love that we should have a resilience to being wronged, angered or provoked
- The normal frictions in families and friendships should not take control of our Soul – (*mind, will and emotions*)

We should have enough grace to overlook the minor injustices and little speedbumps in life

- They have a way of revealing what’s in our heart
- We need to learn how to “*let it go*”

Being easily offended or provoked is common to human nature

- These are times we need to ask Holy Spirit for insight and direction
 - Is it just a matter of my ego or shortcomings being exposed?
 - Did I have unrealistic expectations?
 - It can be an indicator that I am spiritually or emotionally depleted
 - Is my perspective out of whack?
 - Allow God to show you what triggers your reactions
 - Have I forgotten that I am favored and loved by God?
 - Don't sweat the small stuff

Legitimate Offenses

- These are not just minor offenses
- These will happen to all of us sooner or later
- They require resolution and healing

Maybe someone has given you their word and you've put your trust in them to walk through something important and delicate

- They betray you
- Go behind your back
- They start to gossip about you
- This is more than a speedbump, this is betrayal
- We have been genuinely wronged
- I'm the innocent party
- There should be some sort of justice, right?

Exodus 21:24 (NKJV)

²⁴ eye for eye, tooth for tooth, hand for hand, foot for foot,

There are certainly occasions when there is a place for justice, especially if there are legal implications, however

- Justice seeking alone never leads to relational peace
- At the end of the day we must come to terms with what has happened to us, and we must forgive

Forgiveness is not a simple process

- Don't minimize the pain you're feeling
- Pain is real

Simplistic antidotes will only add to guilt and shame

Only forgiveness that is worked through God's direction will bring true, lasting forgiveness and healing

- Clinging on to bitterness and unforgiveness will never hurt the one who caused you pain
- In the long run, it will only hurt you and other relationships

What does true forgiveness look like?

#1 – Go

Matthew 18:15 (NKJV)

¹⁵ “Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

- You need to take the first step
- It doesn't matter if it's their problem or yours
- You need to *attempt* reconciliation

#2 – Go Alone

“go and tell him his fault between you and him alone.”

Don't call your friends

Don't call a pre-meeting

“You know what Bob did? I'm going to talk to him in a couple of days, but first I wanted to tell you the terrible thing he did to me”

- When you tell others, you are now guilty of the same thing
 - Gossip
 - Gossip has the potential to grow
- Make it right with them
- Don't involve other people
- If you do, when you reconcile the others won't know and they will potentially continue to be caught up in the same offense

3 – Go for reconciliation

“If he hears you, you have gained your brother.”

- Don't go to prove you're right
- Don't go to pick a fight
- Go in the spirit of reconciliation

It's human nature to want to defend yourself when you're attacked

- Don't provoke them
- Be clear that your motivation is reconciliation
- Let them know you value the relationship
- 90% of the time this will work

#4 – Go Now

Matthew 5:23–26 (NKJV)

²³ Therefore if you bring your gift to the altar, and there remember that your brother has something against you, ²⁴ leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

²⁵ Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison.

²⁶ Assuredly, I say to you, you will by no means get out of there till you have paid the last penny.

- Nothing is more important than reconciliation
- Don't wait – One Day – Ten Days – Thirty Days
- Crawl over everyone in your row to get to your brother

Are you thinking of an opportunity for reconciliation?

- Make the phone call
- Set up an appointment
 - Go
 - Go alone
 - Go to restore the relationship
 - Go now!

Reconciling your relationships is a vital part of a prosperous soul

#5 – Let it Go

Sometimes you can do everything right yet the other person won't reconcile

They say, *“the heck with you, I want to hang on to my anger. I want to hold a grudge. I don't want to fix this.”*

- In this case, there is nothing more you can do

Romans 12:18 (NKJV)

¹⁸ If it is possible, as much as depends on you, live peaceably with all men.

- You can't control other people's responses
- If you've *done your best* you're clean before God
- You're released from this prison
- Get on with your life!

Sometimes it may be appropriate to involve a trusted friend on a second attempt

- On occasion, you may have to involve a church leader or elder

Matthew 18:16–17 (NKJV)

¹⁶ But if he will not hear, take with you one or two more, that *‘by the mouth of two or three witnesses every word may be established.’* ¹⁷ And if he refuses to hear them, tell *it* to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector.

- If they still don't hear – Get on with your life!

Life Shattering Offenses

- A great injustice is done to you personally
- Someone is raped, beaten, murdered
- A loved one dies unexpectedly
 - There's no pain like losing a child

These are things no one should go through yet there is still no room for vengeance in our lives

- It may be hard work
- It doesn't happen overnight
- For many it requires a life long journey of working out their forgiveness

When we have a complete understanding of our own shortcomings before a holy God it empowers us to choose radical forgiveness

- Don't let unforgiveness hold you captive
- Forgiveness takes a heart change only God can give
 - [Emily Klotz Video](#)

Luke 7:47 (NLT) Mary pouring out her oil

⁴⁷ “I tell you, her sins—and they are many—have been forgiven, so she has shown me much love. But a person who is forgiven little shows only little love.”

- Don't let unforgiveness hold you captive
- Don't let it rob you of time

The sooner you release forgiveness and release those who hurt you, the sooner you can live in a new kind of liberation