

WELCOME

**WE EXIST TO
HONOR GOD
MAKE DISCIPLES
#encpHGMD**



EVERY NATION
CHURCH · PENANG

ЛИФЕНАСКС
1.0



Tie a small piece of bright-colored fabric to your luggage. Saves a lot of time to check if its your bag or not.



USE A (CLEAN) DUSTPAN TO FILL A CONTAINER THAT DOESN'T FIT IN THE SINK



Use a rubberband to keep a door from latching.



Tumble dry shoes without ruining them



When ironing a button-up shirt, flip it inside-out to easily iron over the button side.



Put old newspaper at the bottom of your bin to absorb food juices.

Psalm 23:1 ESV

*“The Lord is my
shepherd...”*





Psalm 23:1

NIV :

“The Lord is my shepherd, I lack nothing.”

LB :

“The Lord is my shepherd; I have everything I need.”

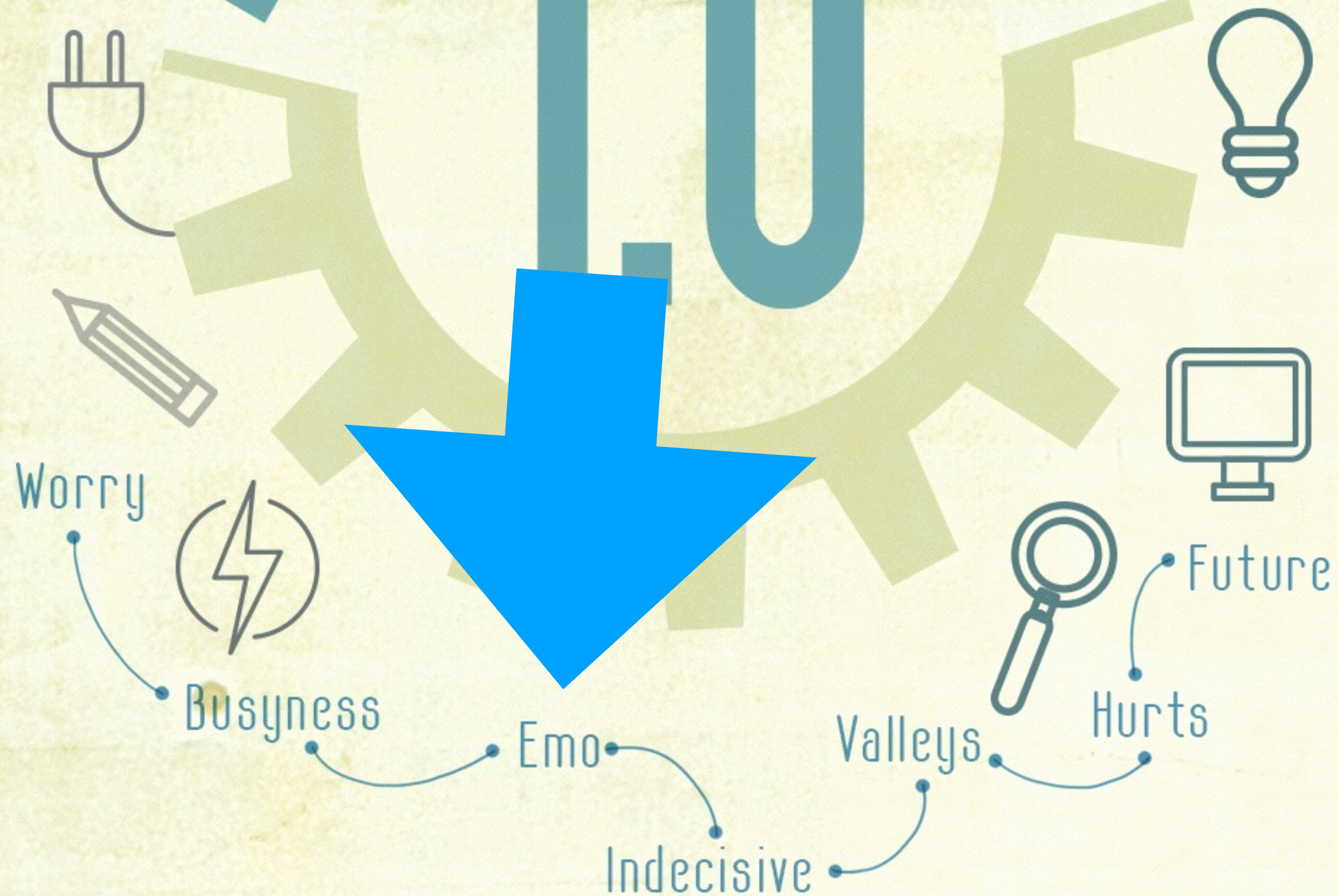
Psalm 23:2 ESV

*“He makes me lie
down in green
pastures.
He leads me beside
still waters.”*



LIFEHACKS

1.0



DAMAGED EMOTIONS

EMOJI CHARACTER FEELINGS



DISGUST



Disney Pixar
**INSIDE
OUT**

FEAR



Disney Pixar
**INSIDE
OUT**

JOY



Disney Pixar
**INSIDE
OUT**

SADNESS



Disney Pixar
**INSIDE
OUT**

ANGER



Disney Pixar
**INSIDE
OUT**

**How do we handle
these emotions
especially those
damaging us and
others?**



LIFE-HACKS TO DAMAGED EMOTIONS



- WHAT'S GOD'S ANTIDOTE FOR DAMAGED EMOTIONS
- INSIGHTS FROM PSALM 23

Part 3

SIGNS OF DAMAGED EMOTIONS



1. You don't smile often;
2. You prefer keep things to your self;
3. You take small things too seriously. "Why she reply me so late?"
4. You compare;
5. Can't get over a matter;
6. Anger creeps into and over almost everthing;
7. Anxiety is often present when meeting new people;

Psalm 23:3 ESV

*“He restores my
soul...”*





HE RESTORES

WHAT Restore means:

- RETURN something or someone to an earlier good condition or position;
- Transforming something or someone out of order to make it purposeful, workable and better.



SOUL

WHAT Soul means?

- **emotions, feelings, one's mental state of well-being.**

3 John 2 ESV

"Beloved, I pray that all may go well with you and that you may in good health, as it goes well with your soul."

HOW DOES GOD
RESTORE
YOUR SOUL?

3 WAYS





LET GOD
REMOVE
YOUR GUILT

#1

Psalm 38:4&6 NIV

*"My guilt has overwhelmed me like a burden too heavy to bear
...I am bowed down and brought low; all day long I go about
mourning."*

How do you deal with your Guilt?

- a) Deny it, pretend it doesn't exist;
- b) Minimize it;
- c) Compromise by lowering your standards;
- d) Rationalise your guilt. "Everyone doing it";
- e) Blame other people

Romans 3:23-24 TLB

²³ Yes, all have sinned; all fall short of God's glorious ideal; ²⁴ yet now God declares us "not guilty" of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins.

Colossians 2:13-15 GNT

You were at one time spiritually dead because of your sins and because you were Gentiles without the Law. But God has now brought you to life with Christ. God forgave us ALL our sins; he canceled the unfavorable record of our debts with its binding rules and did away with it completely by nailing it to the cross.



LET GOD
RELIEVE
YOUR GRIEF

#2

What is Grief?

- a) Divorce or relationship breakup;**
- b) Loss of health;**
- c) Losing a job;**
- d) Loss of financial stability;**
- e) A miscarriage;**
- f) Retirement;**

What is Grief?

- g) Death of a pet;
- h) Loss of a cherished dream;
- i) A loved one's serious illness;
- j) Loss of a friendship;
- k) Loss of safety after a trauma;
- l) Selling the family home

Psalm 31:9 NCV

“Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.”



How to overcome Grief?

- a) Accept what cannot be changed.**

2 Samuel 12:22-23 ESV

²² He said, "While the child was still alive, I fasted and wept, for I said, 'Who knows whether the Lord will be gracious to me, that the child may live?' ²³ But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me."



How to overcome Grief?

- a) Accept what cannot be changed;**
- b) Keep your routine going;**

2 Samuel 12:20 ESV

²⁰ Then David arose from the earth and washed and anointed himself and changed his clothes. And he went into the house of the Lord and worshiped. He then went to his own house. And when he asked, they set food before him, and he ate.



How to overcome Grief?

- a) Accept what cannot be changed;**
- b) Keep your routine going;**
- c) Focus on what's left and not what's lost.**

2 Samuel 12:24 ESV

²⁴ *Then David comforted his wife, Bathsheba, and went in to her and lay with her, and she bore a son, and he called his name Solomon. And the Lord loved him*



LET GOD
REPLACE
YOUR GRUDGES

#3

Job 5:2

"To worry yourself to death with resentment would be a foolish, senseless thing to do".

Job 18:4

"You're only hurting yourself with your anger."

Romans 12:19 NIV

19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

LIFE-HACKS OVER DAMAGED EMOTIONS

LET GOD TAKE YOUR

- 1. GUILT**
- 2. GRIEF**
- 3. GRUDGES**

Psalm 23:3 ESV

*“He restores my
soul...”*



LIFEHACKS 1.0



Insights from Psalm 23