

## The DOCTRINE OF SIN

### Lesson 18 – The Troubled Soul Part 2

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When you are overcome by trial and opposed by others what is the appropriate response?

1. Talk to yourself. 2. Talk to God

He doesn't just passively listen to this unending conversation, no, he \_\_\_\_\_ this conversation. So, he doesn't endlessly review and rehearse the state of his troubled soul.

He interrogates his soul, he challenges his soul, he rebukes his soul, he exhorts his soul to trust in God.

Two simple choices only two and you've got to make a choice.

You can either spend the day \_\_\_\_\_ to yourself thinking about your constantly changing feelings and circumstances and considering circumstantial interpretations,

or, You can talk \_\_\_\_\_ to yourself. You can preach the \_\_\_\_\_ to your soul.

*"Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself."*

*Spiritual Depression its Causes and Cure, by Dr. Martin Lloyd Jones.*

Talking to yourself is a skill that's learned, it requires practice and it involves effort; effort that is \_\_\_\_\_ by the sanctifying grace of God.

Like the Psalmist we by the grace of God must \_\_\_\_\_ in and with this practice in order to experience this transition from a troubled soul to a hopeful soul.

Most of us are presently \_\_\_\_\_ from years of listening to yourself that have an effect on your soul.

Troubled souls can't be trusted and circumstances normally \_\_\_\_\_ to us. Don't trust your troubled soul. Don't trust circumstantial interpretation.

We are to exhort our soul to \_\_\_\_\_ in God.

\_\_\_\_\_ that He is Sovereign and good and faithful and kind

He will \_\_\_\_\_

His plan and purpose for our lives simply cannot and will not be \_\_\_\_\_

He remembers God's Word, he rehearses God's Word, he prays God's Word, and he sings God's Word. And, listen, as he sings God's Word his troubled soul is \_\_\_\_\_ his troubled soul becomes a hopeful soul.

Singing is a \_\_\_\_\_. Singing the Truth or singing the Gospel to God and your soul it is a gift from God

The Psalmist felt forsaken by God, the Savior \_\_\_\_\_ forsaken by God. The Psalmist's soul was downcast, ha! the Savior's soul was crushed! Crushed with the full fury of god's Righteous wrath against our sin, CRUSHED! He was \_\_\_\_\_ so that we might be forgiven and never be forsaken.

If the Psalmist can say to his soul, hope in God \_\_\_\_\_ to the cross, oh, brothers and sisters how much more can we address our souls similarly this evening \_\_\_\_\_ the cross.

Biblical Workshop:

The **topic** being discussed is the main difference between Biblical self-talk and secular self-talk. Biblical self-talk topics focus on the greatness of God and our relationship to Him where as secular self talk generally focuses on ourselves and how great we are.

As people focused on Eternal Living, our assignment is to come up with a Biblically supported list of topics that we should be talking about with our soul. We will divide into two groups. Each group will have a laptop to use for Bible searches. Each group will choose a group leader and then after 20 minutes we will come back together and share our findings.

Topic	Supporting Verses
Hope in Eternal Life	Titus 1:1-2