

A LIGHT SOUL

3 John 1:2 - *“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”*

No one is exempt from the potential feelings or thoughts of heaviness or depression

We can just keep going with heaviness feeling weighed down and never stop to ask...why is my soul heavy?

Psalm 42:5 NIV - *5 Why, my soul, are you downcast? Why so disturbed within me?*

WHY ARE OUR SOULS HEAVY?

1. WOUNDS FROM THE PAST

Lamentations 3:19-20 - *19 I Remember my affliction and my wanderings, the wormwood and the gall! 20 My soul continually remembers it and is bowed down within me.*

After these hurts from the past we are left with - Fear, anxiety, heartbreak, and disappointment. These feelings and wounds overwhelm us, and eventually lead us to despair.

2. CIRCUMSTANCES IN THE PRESENT

We are heavy because we didn't expect to be where we are right now...COVID, political unrest, racial unrest - Job loss. Family loss. Friend loss.

John 16:33 - *Here on earth you will have many trials and sorrows or troubles.*

3. POTENTIAL OF PAIN IN THE FUTURE

Matthew 26:37-38 - *37 And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. 38 Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”*

HOW LONG?! We begin to wonder...how long will I have to be in pain?

Psalm 13:1-2 - *1 How long, O Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?*

HOW TO HAVE A LIGHT SOUL

1. REMEMBER GOD'S FAITHFULNESS IN THE PAST

Psalm 42:6 NIV - *My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.*

Lamentations 3:21-23 - 21 *But this I call to mind, and therefore I have hope:* 22 **The steadfast love of the Lord never ceases; his mercies never come to an end;** 23 *they are new every morning; **great is your faithfulness.***

You've always been good to me. You've protected me. You haven't failed me... You never will.
The way to forget our miseries, is to remember the God of our mercies

Psalm 143:5-6 - *I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.* 6 *I stretch out my hands to you; my soul thirsts for you like a parched land.*

Remind your heavy feelings of what you know about God's faithfulness.
Let your knowing override your feeling.

2. HOPE IN GOD FOR THE FUTURE

Psalm 42:5 NIV - *Why, my soul, are you downcast? Why so disturbed within me? Hope in God*

Speak to your soul...sometimes you have to just talk to your soul...HOPE IN GOD.

Misplaced hope leads to lost hope. Without hope it's inevitable that your soul will be heavy.

Hebrews 6:19-20 - *We have this as a **sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, 20 where Jesus has gone as a forerunner on our behalf.***

Hope is our anchor for the soul. *Jesus has already gone before us and made a way.*

3. PRAISE HIM IN THE PRESENT

Psalm 42:5 NIV - 5 *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for **I will yet praise him, my Savior and my God.***

Don't wait to feel light to praise....praise to feel light.

Psalm 42:4 NIV - 4 ***These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.***

Isaiah 61:1-3 - *"The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; 2 To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn, 3 To console those who mourn in Zion, To give them beauty for ashes, **The oil of joy for mourning, The garment of praise for the spirit of heaviness;** That they may be called trees of righteousness, The planting of the Lord, that He may be glorified."*

Psalm 34:1-3 - 1 **I will bless the Lord at all times; his praise shall continually be in my mouth.** 2 **My soul makes its boast in the Lord;** let the humble hear and be glad. 3 Oh, magnify the Lord with me, and let us exalt his name together!