

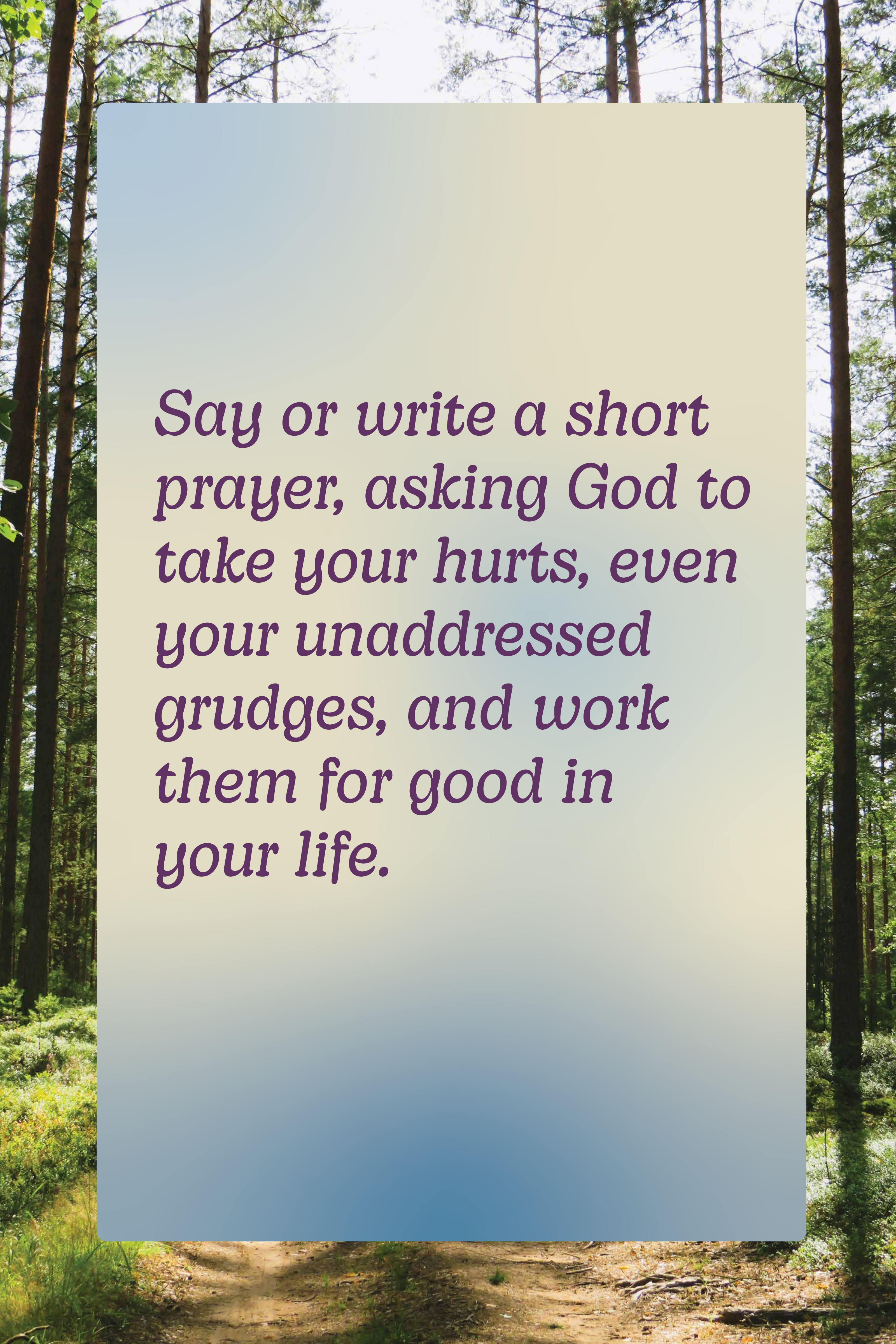
How Jesus Restores Your Soul

God never intended for you to go through life carrying all your grudges, guilt, and grief alone. He says to you, *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest”* (Matthew 11:28 NLT).

How does Jesus bring you rest and restore you soul?

Jesus turns your hurts into holiness.

Sometimes we hold onto our hurt; in other words, we hold grudges. But God has a way of bringing good even out of evil. Romans 8:28 promises, *“We know that in all things God works for the good of those who love him”* (NIV).



Say or write a short prayer, asking God to take your hurts, even your unaddressed grudges, and work them for good in your life.

Jesus takes your sins on himself.

The Bible teaches, “[Jesus] was willing to give his life as a sacrifice. He was counted among those who had committed crimes. He took the sins of many people on himself. And he gave his life for those who had done what is wrong” (Isaiah 53:12 NIRV). There’s no need for you to keep living with guilt for something that God has already forgiven and forgotten.

Say or write a short prayer, confessing your sin and asking God to help you live in the freedom of his forgiveness.

Jesus feels your grief and heals your heart.

Jesus understands your grief because he's experienced it too. Isaiah 53:3-4 says, *"He was hated and rejected by people. He had much pain and suffering. . . . But he took our suffering on him and felt our pain for us"* (NCV). But he doesn't stop with feeling your grief. He also *"heals the brokenhearted and he binds up their wounds"* (Psalm 147:3 NIV).

Say or write a short prayer, telling God about the grief you haven't yet processed. Ask him to help you work through your hurt and bring healing to your heart.



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