



SOUL DETOX SERIES

Part Two: "The Heavy Soul"

Pastor David Cannistraci | February 9, 2014

We are NOT a body with a soul. We ARE a

_____ with a _____.

"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..."

Psalm 42:5-6 (NIV)

WHY ARE OUR SOULS HEAVY?

- Heavy with _____ from the past.

"Grieving, my soul thinks back; these thoughts cripple, and I sink down."

Lamentations 3:20 (TVT)

There is no sin God cannot _____,

no hurt He cannot _____.

- Heavy with _____ in the present.

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

2 Corinthians 4:8-9 (NIV)

Faith in God teaches us to see beyond our _____.

- Heavy with _____ for the future.

[Jesus] became deeply troubled and distressed. He told [Peter and John],

"My soul is crushed with grief to the point of death. Stay here and keep watch with me." Mark 14:33-34 (NLT)

Focus on future _____

more than future _____.

Heavy (Cont'd)

HOW PRAISE BREAKS HEAVINESS

Praising God generates spiritual

_____ in our lives.

1. When I praise Him, my _____.

"...To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness..." Isaiah 61:3 (NIV)

2. When I praise Him, my _____.

"I will sing praises to your name, O Most High. My enemies turn away in retreat; they are overthrown and destroyed before you." Psalm 9:2-3 (NLT)

3. When I praise Him, my _____.

"If you carefully obey all the commands I am giving you today, and if you love the LORD your God with all your heart and soul, and if you worship him, then he will send the rains in their proper seasons so you can harvest crops of grain, grapes for wine, and olives for oil."

Deuteronomy 11:13-14 (NLT)

FATHER GOD, Thank you that you have created me for freedom and eternal life. I know that I can't carry the heavy burdens of my past, present and future without you. Jesus, I ask you to save me and free my soul. I praise you that heaviness is broken today! In Christ's Name I pray, AMEN

THIS WEEK IN SMALL GROUPS

Icebreaker: Share a praise report or a recent answer to prayer.

Scripture: Let different members share a verse from this teaching that impacted them personally. What does it mean for them?

Talk It Over: What keeps us from praising God in hard times?

Prayer: Pray for each one to be free from heaviness through Christ.