

Restored

#2: How To Reconnect With Your Heart

1. Develop the correct _____

Jeremiah 17:9 *The heart is deceitful above all things and beyond cure. Who can understand it?*

Key: My heart is a gift from God and I'm to love Him

Key: My emotions are a gift from God

Neither _____ them nor being _____ by them

2. Move _____

a) _____ to your feelings

Psalm 4:4 *Tremble and do not sin; when you are on your beds, search your hearts and be silent.*

b) Try to identify _____

Psalm 13:2 *How long must I struggle with anguish in my soul, with sorrow in my heart every day?*

c) _____

Psalm 31:7 *I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.*

3. Learn to _____

a) Listen _____

Psalm 42:11 *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.*

b) Ask what _____

2 Thessalonians 2:2 *Don't be so easily shocked or alarmed by those who say that the day of the LORD has already begun.*

c) Turn to _____ for hope

Psalm 32:8 *The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you."*

- Anger – [Psalm 7:11](#); [Deuteronomy 9:22](#); [Romans 1:18](#)
- Laughter – [Psalm 37:13](#); [Psalm 2:4](#); [Proverbs 1:26](#)
- Compassion – [Psalm 135:14](#); [Judges 2:18](#); [Deuteronomy 32:36](#)
- Grief – [Genesis 6:6](#); [Psalm 78:40](#)
- Love – [1 John 4:8](#); [John 3:16](#); [Jeremiah 31:3](#)
- Hate – [Proverbs 6:16](#); [Psalm 5:5](#); [Psalm 11:5](#)
- Jealousy – [Exodus 20:5](#); [Exodus 34:14](#); [Joshua 24:19](#)
- Joy – [Zephaniah 3:17](#); [Isaiah 62:5](#); [Jeremiah 32:41](#)

Psalm 116:7 *Let my soul be at rest again, for the LORD has been good to me.*

Psalm 139:23 *Search me, God, and know my heart; test me and know my anxious thoughts*

Psalm 43:5 *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.*

Psalm 31:9 *Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away.*

Psalm 103:1 *Praise the LORD, my soul*

Psalm 42:5-7 New International Version (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.

⁶ My soul is downcast within me;

therefore I will remember you

from the land of the Jordan,

the heights of Hermon—from Mount Mizar.

⁷ Deep calls to deep

in the roar of your waterfalls;

all your waves and breakers

have swept over me.