

**Lessons From The Christmas Carol
How God Reclaims and Restores Us**

1. Look honestly _____

Proverbs 15:13 *A glad heart makes a happy face; a broken heart crushes the spirit.*

Key: Have I _____ my losses?

a) Do I have any _____?

Proverbs 14:13 *Laughter can conceal a heavy heart, but when the laughter ends, the grief remains.*

b) Watch for evidence of _____

Proverbs 14:10 *Each heart knows its own bitterness...*

c) Do I have _____?

2. Look at the _____

Ezekiel 36:26 *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.*

Matthew 9:35-36 *Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.*

3. Remember God _____

Luke 2:10-11 *I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.*

I Timothy 1:15-16 *Christ Jesus came into the world to save “sinners”—and I am the worst of them all. But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life.*

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Truths we hide from

- *I'm depressed all the time.
- *I push away love.
- *I worry way too much.
- *I'm full of self-hate.
- *I'm a workaholic.
- *I'm a perfectionist.
- *I'm a chronic liar.
- *I'm financially irresponsible.
- *I complain a lot.
- *I'm a doormat.
- *I'm an addict.
- *I'm a people pleaser.
- *I'm afraid of losing control.
- *My way of handling conflict is not working.
- *I'm afraid of being alone.
- *I'm not good at expressing what I want.
- *I'm afraid of being unnoticed.
- *I'm completely addicted and unable to stop.
- *This area of my life is out of control.
- *I'm just playing games with God.
- *I'm blowing it with my spouse.
- *I'm blowing it with my kids.
- *I'm ashamed of what I've done and terrified of discovery.
- *I'm sure if people knew who I really was, nobody would speak to me again.
- *I can't forgive myself.
- *I'm taking steps down a path I KNOW will end in pain.
- *I owe someone an apology.
- *My pride is damaging my life.
- *I hate these people who have hurt me and my hatred is destroying me.
- *I push people away because I'm afraid they will only just hurt me.
- *My temper is out of control.
- *I'm eating myself into an early grave.

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Luke 23:42-43 *Jesus, remember me when you come into your kingdom.” Jesus answered him, “I tell you the truth, today you will be with me in paradise.”*

Yet what we suffer now is nothing compared to the glory he will reveal to us later.

Romans 8:18 NLT

For I hold you by your right hand— I, the LORD your God. And I say to you, ‘Don’t be afraid. I am here to help you.

Isaiah 41:13 NLT

Proverbs 17:22

A cheerful **heart** is good medicine, but a **broken** spirit saps a person’s strength.

Proverbs 31:7

Let them drink to forget their poverty and remember their **troubles** no more.

Matthew 9:21-23 New Living Translation (NLT)

²¹for she thought, “If I can just touch his robe, I will be healed.”

²²Jesus turned around, and when he saw her he said, “Daughter, be encouraged! Your faith has made you well.” And the woman was healed at that moment.