



When Negativity Takes Over



Stuck in Negativity

**Sometimes we find ourselves
stuck in that negative rut**

**It can happen after a series of
painful events**

**Sometimes it is simply a disposition
some people struggle with**

**We don't want people pretending life
isn't hard, but we also don't want to
live defeated by it**



PSALMS



Do You Dwell in Your Soul?

Scripture repeatedly tells us that what we dwell on shapes our hearts

The Bible does not tell us to pretend evil does not exist but it does tell us not to live there



When we deliberately remember who God is and what He has done, we begin to see His goodness everywhere



*Summertime
in the*

PSALMS





Reminder Who God Is

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits

Remind: is an external action where a person or thing triggers a memory for you or someone else

(v. 1-2)

For David, that begins with praise not for what God has done but for who God is

He begins with the word Lord





Reminder Who God Is

David demonstrates profound respect for the LORD in his psalms, consistently portraying God as his shepherd, shield, and supreme authority, even while fleeing from King Saul.

Psalm 23 (intimate trust)

Psalm 144 (sovereignty)

Psalm 18 (personal adoration)

Psalm 145 (adoration)

These psalms highlight that David's respect for the LORD was not just formal, but based on a personal, loving, and dependent relationship

PSALMS



Reminder Who God Is

“O My Soul”

This is personal for David, he is not addressing a congregation, he is addressing himself

He is calling his own heart back to God

**Sometimes we must deliberately
redirect our own soul**

**All my inmost being, praise
his holy name**





Reminder Who God Is

“O My Soul”

In David's remind me moment; he calls every part of himself to worship God and that reminds him God is holy

He is focused on honoring God's character, majesty, and purity, rather than just superficial praise

David knows worship is not something we do halfway

Worshiping a holy God invites us to bring everything before Him





Reminder Who God Is

***Praise the Lord, my soul, and forget
not all his benefits (v.2)***

As David reminds himself who he is worshiping, his mind naturally moves to remembering what God has done

The enemy of worship is often spiritual forgetfulness.

When we forget what God has done, we forget why we should trust Him.

David says the cure is simple: Remember





Remember God's Plan

Who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

(vv. 3–5)

PSALMS



Remember God's Plan and Character

**He Pardons
Your Iniquities**

**He Heals
Your Diseases**

**He Redeems Your
Life from the Pit**

**He Crowns You
with Lovingkindness**

He Satisfies You with Good Things



God Is Righteous

God Is Personal

God Is Forgiving

**God Is
Compassionate**

PSALMS



God Reigns Over All

The Lord has established his throne in heaven, and his kingdom rules over all. Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word. Praise the Lord, all his heavenly hosts, you his servants who do his will. Praise the Lord, all his works everywhere in his dominion. Praise the Lord, my soul.

vv. 19–22

PSALMS

Praise the Lord
O My Soul





PSALM 103:12

FORGIVEN

AS FAR AS THE **EAST** IS FROM THE **WEST**