

The Shepherd's Guide to Aging Gracefully!

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♥ The Older We Grow, the More **Wounds We Accumulate**

📖 *Psalm 23 (page 392 in the pew Bible)*

① What **NOT** To Do When You Suffer Wounds:

1. Don't **Ignore It**

"I kept quiet... but I became ever more upset. I became very angry inside, and as I thought about it, my anger burned." Psalm 39:2-3

2. Don't **Run From It**

"I wish I had wings like a dove. Then I'd fly away and rest... I would hurry to my place of escape." Psalm 55:6-8

3. Don't **Hide It**

"When I kept things to myself, I felt weak deep inside of me. I moaned all day long." Psalm 32:3

4. Don't **Resent It**

"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2

② God's Instruction For What **TO DO** With Your Wounds:

1. Let Jesus **Settle the Score**

"Never pay back evil for evil to anyone... Never take your own revenge, beloved, but leave room for the wrath of God... Vengeance is mine, I will repay, says the Lord." Romans 12:17-19

2. Let Jesus **Soothe My Wounds**

"God heals the broken hearted and bandages their wounds." Psalm 147:3

3. Let Jesus **Satisfy My Needs**

"My God will supply all your needs according to His riches in glory in Christ Jesus." Philippians 4:19

✝ The Result of **DOING** God's Word is to **Experience God's Peace**