

February 18, 2018



FROM FRAZZLED TO CALM

PSALM 23 (NLT)

INSIGHT: In chronic stress, your body never shuts off the stress response.

I. COMMON STRESS PRODUCERS

1. Worry
2. Hurry
3. Crowds

INSIGHT: 83% of America lives in a large city.

4. Choices
5. Loss of privacy
6. Pluralism
7. Fear of the future

TRUTH: The promise of a safe future in America has been taken from us.

TRUTH: No man or woman can meet all your needs; only God can do that.

II. MAKE GOD YOUR SUPPLY (Psalm 23:1).

INSIGHT: Never put your security in anything that can be taken from you (Romans 8:32 LB).

INSIGHT: The first step to stress relief is worship (Isaiah 30:15).

III. FOLLOW GOD'S STRATEGY OF WORK AND REST (Psalm 23:2a; Genesis 2:2).

TRUTH: God instituted the Sabbath not because He was tired, but to emphasize our need of a rhythm of rest.

INSIGHT: Sabbath rest isn't a suggestion!

INSIGHT: If you don't rest, God has many resources to force the issue.

TRUTH: Your best requires rest (Exodus 34:21).

Three components to a Day of Rest:

1. Rest the body.
2. Refocus the spirit.
3. Recharge the emotions.

INSIGHT: Failure to take a biblical Sabbath is at the core of the meanness, tiredness and illness of many men and women...they don't get enough sleep and rest.

IV. SEEK HEAVEN'S LEADING (Psalm 23:3).

TRUTH: God is waiting to guide you, but you must ask, read and wait.

AFFIRMATION: God will guide you at the right time.

V. TRUST GOD IN THE DARK (Psalm 23:4).

TRUTH: A common source of stress is loss.

Two normal responses to loss:

1. Fear
2. Grief

TRUTH: Grief is a godly emotion.

TRUTH: The Bible never says grieve not, sorrow not, weep not or cry not, but it does say fear not.

TRUTH: Grief doesn't paralyze, but fear does.

TRUTH: It's impossible to have a shadow without a light, so turn your back on the shadow of fear and look at the light of God's presence! (Psalm 142:3)