

God's Answer To Stress

MAY 6, 2009

Pastor Bill Langley

I Need Peace

"He restores my soul." (Psalm 23:3)

THE PATH TO PERSONAL PEACE:

1. Ask God to _____.

*"My guilt has overwhelmed me like a burden too heavy to bear ... I am bowed down and brought low; all day long I go about mourning."
(Psalm 38:4,6)*

*"The Lord gave us a mind and a conscience. We cannot hide from ourselves."
(Proverbs 20:27 TEV)*

"Yes, all have sinned; all fall short of God's glorious ideal; yet now God declares us "not guilty" of offending him IF we trust in Jesus Christ, who in his kindness freely takes away our sins." (Romans 3:23-24 LB)

Most basic truth of Christianity: _____.

"...He has forgiven ALL your sins. He has utterly wiped out the evidence of broken commandments which always hung over our heads, and completely annulled it by nailing it to the cross!" (Colossians 2:13-14 Phillips)

2. Ask God to _____.

"Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief." (Psalm 31:9 NCV)

What can we learn from David's experience in 2 Samuel 12?

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"Then David got up from the ground ... He said, 'While the child was still alive, I fasted and wept ... But now that he is dead, why should I fast? Can I bring him back to life?'" (2 Samuel 12:22-23)

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“After he had washed, put on lotions, and changed his clothes, he went into the house of the LORD and worshiped.” (2 Samuel 12:20)

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“Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon.” (2 Samuel 12:24)

“To all who mourn ... he will give: beauty for ashes; joy instead of mourning; praise instead of despair.” (Isaiah 61:3 NLT)

3. Ask God to _____.

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” (Job 5:2 GN)

“You are only hurting yourself with your anger.” (Job 18:4 TEV)

“Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it.” (Romans 12:19 LB)

“Get rid of all bitterness ... Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you.” (Ephesians 4:31-32)

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