

God's Answer To Stress

MAY 27, 2009

Pastor Bill Langley

Handling Hurt

"You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup overflows." (Psalm 23:5)

WHAT NOT TO DO:

1. Don't _____ .

"I kept very 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 NCV)

2. Don't _____ .

"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 _____ .

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

4. Don't _____ .

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

5. Don't _____ .

"You are only hurting yourself with your anger." (Job 18:4 GN)

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WHAT TO DO:

1. Let Jesus _____ .

“You prepare a table before me in the presence of my enemies.”

*“Never pay back evil for evil ... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it.”
(Rom. 12:17-19 LB)*

*“Blessed are the merciful, for they will be shown mercy.”
(Matthew 5:7)*

2. Let Jesus _____ .

“You anoint my head with oil.”

*“God heals the brokenhearted and bandages their wounds.”
(Psalm 147:3 NCV)*

3. Let Jesus _____ .

“My cup overflows.”

With _____

“God will help you overflow with hope in him through the Holy Spirit’s power within you.” (Romans 15:13 LB)

With _____

*“...may the Lord make your love to grow and overflow...”
(1 Thessalonians 3:12 LB)*

With _____

*“Ask, using my name, and you will receive, and your cup of joy will overflow.”
(John 16:24 LB)*

Unless otherwise noted, all scripture references are taken from the
New International Version of the Bible.

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