

With Stress - Part 6 of 7
"GOD'S ANTIDOTE TO YOUR HURT"

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

I. What Not To Do When You Hurt

1. Don't ignore it

"I kept very quiet . . . but I became even more upset. I became very angry inside, and as I thought about it, my anger burned." Ps. 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. . . " Ps. 55:6,8 (NCV)

3. Don't hide it

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

II. What God Says To Do When You Hurt

"You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup overflows." Ps. 23:5

1. Let Jesus Settle The Score

"You prepare a table before me in the presence of my enemies." Ps. 23:5

"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." Matt. 5:7

2. Let Jesus Soothe My Wounds

"You anoint my head with oil." Ps. 23:5

"God heals the brokenhearted and bandages their wounds." Ps. 147:3 (NCV)

3. Let Jesus Satisfy My Needs

"My cup overflows." Ps. 23:5

My Cup Will Overflow. . .

With hope

"God will help you overflow with hope in him through the Holy Spirit's power within you." Rom. 15:13 (LB)

With love

". . . May the Lord make your love to grow and overflow. . ." 1 Thess. 3:12 (LB)

With joy

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