

# God's Cure for Stress

Psalm 42:11

19 November 2021

***Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.***

## **I. HOPE THOU IN GOD (Psalm 42:11)**

### **a. Recognize your condition**

- i. Cast down — you have lost the battle.
- ii. Disquieted — you have lost your peace.

### **b. Question your condition**

- i. This is not the natural condition of the saint of God
- ii. Why? — There is a reason you are in such a state.

### **c. Focus your attention on God**

- i. This begins by getting your attention off yourself.
- ii. Focus on God/Christ as:
  1. Your hope of the future — Colossians 1:27 Your cause for praise: ***Christ in you, the hope of glory.***
  2. Your health in your soul — Colossians 3:4 ***“Christ, who is our life...”***

## **II. TAKE YOUR REQUESTS TO GOD (Philippians 4:6)**

**a. “Be careful for nothing.”** Cast your care upon Him — 1 Peter 5:7

**b. Give Him your list of needs — “Let your requests be made known unto God.”**

**c. Bathe your prayer in thanksgiving — “with thanksgiving...”**

## **III. FACE THE STORM WITH FAITH (Mark 4:35-41)**

**a. Remember that He has sent you (v.35)**

**b. Remember that He is with you (v.38)**

**c. Remember that fear is conquered by faith (v.40)**

## **IV. RECKON YOURSELF TO BE DEAD**

**a. This is not your life (2 Corinthians 5:14-15)**

**b. The life you live is that of Christ (Galatians 2:20)**

**c. Yet our stubbornness requires us to die daily (1 Corinthians 15:13)**

## **V. ONE THING IS NEEDFUL (Luke 10:38-42)**

**a. We become cumbered (hindered, burdened) with serving (v.40)**

**b. We become displeased with others (v.40)**

**c. We fail to sit and listen at Jesus' feet (v.39, 42)**