

## GOD'S SIXTH STRESSBUSTER

Psalm 23:5

August 26, 2007 Sunday a.m.

### INTRODUCTION

- A. A new Gallup poll suggests the level of stress among Americans has not changed much in recent years. Since 1984, 37 percent of Americans continue to report they are under stress frequently. Most recently, 38 percent of respondents said they experience frequent stress and 39 percent said they sometimes feel stressed. The major causes of stress reported were parenting children under 18, work, and not having enough time to do the things people want to do.
- B. Today we once again continue our series called, "God's Stressbusters". They are found in Psalm 23, along with his antidotes or answers.
  - 1. We've already discussed several—worry, busyness, emotional damage, indecision, and dark valleys.
  - 2. Today we examine the sixth, "hurt"—v.5.
- C. Several years ago after an elderly woman passed away, family members were cleaning out her house when they found a scrapbook filled with obituaries from the local newspaper. Many of the death notices pertained to people she had detested. As bizarre as it may sound, she kept a scrapbook of her dead enemies.

This woman had five different clippings of her most despised foe in her morbid memory book. Apparently she had gained some kind of strange satisfaction by thinking they could no longer torment her.

Or could they? If we don't forgive our deceased enemies, they'll continue to haunt us through our hateful memories of them.

(Kent Crockett, *I Once Was Blind But Now I Squint*,  
Chattanooga, TN: AMG Publishers, 2004, 102-103)

- D. We're all going to be hurt by other people.
  - 1. Sometimes unintentionally.
  - 2. Sometimes quite intentionally.
  - 3. What should we do?

### I. FIRST, CONSIDER WHAT WE SHOULDN'T DO.

- A. First, we shouldn't ignore it.
  - 1. Don't just "suffer in silence".
  - 2. How?
    - a. Denial--"I don't have a problem".
    - b. Minimize it—"Its no big deal".
    - c. Procrastinate it—"Sweep it under the rug".
  - 3. Why? We think that "time heals all wounds" but sometimes, "wounds heal all time".
- B. Second, don't run from it.
  - 1. David tried to—Psalm 55:6-8.
  - 2. How do we?
    - a. Entertainment.
    - b. Drugs or alcohol.
    - c. Overeating.
    - d. Divorce.
  - 3. Problems have a way of following us no matter how far we run.
- C. Third, don't hide from it.
  - 1. Many wear masks or camouflage our hurts.
  - 2. Revealing hurt, however, is the first step to healing.
- D. Fourth, don't resent it.
  - 1. Bitterness and resentment only hurts us-Job 18:4.
  - 2. It perpetuates our hurt.

## II. WHAT SHOULD WE DO WITH OUR HURTS?

- A. First, we should let God **settle** the score.
  - 1. David says, “**You** prepare a table before me in the presence of my enemies”.
  - 2. Sheep are defenseless and must rely on the shepherd for protection.
  - 3. Paul also says we shouldn’t try to settle or own score—Romans 12:19.
- B. Second, we should let God **sooth** our wounds.
  - 1. David says, “You anoint my head with oil.”
  - 2. Shepherds used oil for two reasons.
    - a. Mixed with sulfur it made an insect repellent.
    - b. Poured over wounds brought relief and healing.
- C. Third, we should let God **satisfy** our needs.
  - 1. David says, “My cup overflows”.
  - 2. This means I have everything I need.
  - 3. God wants to satisfy our needs too—Phil. 4:19.

## CONCLUSION

- A. Have you been hurt by someone?
- B. Don’t...
  - 1. Ignore it.
  - 2. Run from it.
  - 3. Hide it.
  - 4. Resent it.
- C. Instead....
  - 1. Let God settle the score.
  - 2. Let God sooth your wounds.
  - 3. Let God meet your needs.