

Bible Study – Lesson 1

I Will Trust in the Lord

TRUSTING GOD IN A CRISIS (part 2)

Psalm 27: 4-6

A crisis can produce emotional anxiety. Nothing harms us emotionally the way stress does. Anxiety has been described as emotions out of control. When someone experiences anxiety, most of the time it's because their emotions have been stressed to the point that they are no longer functioning in a healthy way. There are many situations that cause anxiety. The death of a spouse or child, divorce, job loss and a world crisis are major events. Some anxiety is caused by taking on more than we can handle.

People have two choices when it comes time to the discipline of their emotions: they can master their emotions or be mastered by them. You shouldn't let your feelings prevent you from doing what you should or drive you to do things you shouldn't. If Satan cannot get Christians not to work for God, then he will try to get us to overwork for God. He really doesn't care which end of being out of balance we are on, because either one causes trouble which can produce anxiety. Listening carefully to what God says is important because if we misunderstand what He is saying, we set ourselves up for disappointment, discouragement and disillusionment.

The answers we need are in God's word; read the Bible and obey it. This will keep us from feeling stressed until we break. Listen for His still, small voice to whisper to your heart through His Word. Let's examine His word in Psalm 27.

- I. Explore Your Faith. (vs. 4)
 - A. Focus on your Worship
 - B. Focus on His Word
- II. Exhort the Fallen. (vs. 5)
 - A. He can cover me
 - B. He cares for me
- III. Expect God's Favor. (vs. 6)
 - A. Stand on His promise
 - B. Sing His praise