

SERMON OUTLINE

SERMON TITLE: Too Blessed to Be Stressed

SERMON REFERENCE: Psalm 37:1-11

LWF SERMON NUMBER: #2315

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1) INTRODUCTION

a) Psalm 37:1-7

b) The Bible commands us not to fret, but many people (and not a few Christians) fret.

i) When the stock market goes down, their blood pressure goes up.

ii) The ignorant fret because they don't know enough.

iii) The educated fret because they know too much.

iv) The poor fret because they don't have any money.

v) The rich fret because they are afraid they will lose what they have.

vi) The old fret because they are facing death.

vii) The young fret because they are facing an unsure future.

(1) Yet, God says to fret not.

c) The Lord Jesus warned against worry and fretting.

i) The best thing you can say about worry is that it is useless.

(1) Matthew 6:27

(2) It is the most useless thing around.

(3) It does no good.

(4) We cannot gain anything by worry.

(5) Most of the things we worry about never happen.

(6) Matthew 6:34

ii) Worry is so harmful.

(1) Worry will do the same thing to a person that sand will do to machinery.

(2) It will take all of the blue out of your sky.

(3) It will take all of the joy out of your heart.

(4) Few forms of dissipation are as debilitating as worry.

iii) Worry harms others.

(1) There are people who go around spreading gloom.

(2) Worry is a form of contagion.

iv) Worry is harmful to God.

(1) Worry is an insult to God.

(2) Worry is a way of saying to God that He is not able to provide for us.

(a) Psalm 37:25

d) It is one thing to say not to worry, but how do we do it?

i) Not only do we have the command, but we also have the recipe and the power.

(1) This is not talking about the subtraction of problems but the addition of power.

e) In today's message, we will learn God's recipe for how to fret not.

i) We will look at four commands from the Word of God that tell us how not to worry.

2) TRUST IN THE LORD WHEN RESOURCES VANISH (PSALM 37:3)

- i) In this verse, the word “trust” is a Hebrew word that literally has in its root the idea of being face down on the ground with no visible means of support.
 - (1) When we get in a situation like that, there is only one thing we can do, and that is to trust.
- b) Most of us have never been in that kind of a situation, and most of us have never really learned to trust in that kind of a situation because somehow, we see some options.
- c) Sometimes God puts us in a place where we do not have any options, and the only thing we can do is to trust.
 - i) God taught Israel to trust this way when He brought them out of the land of Egypt and into the Promised Land.
 - (1) The Red Sea was in front of them, the mountains were on either side of them, and Pharaoh’s army was coming behind them.
 - (2) God told Moses, “*Speak to the children of Israel that they go forward.*”
 - (3) They marched into the Red Sea, and God opened up a way for them to go through.
 - (a) Exodus 14:15-22
 - ii) But imagine the Israelites there without Pharaoh’s army, and God tells them to go forward.
 - (1) They might say, “As soon as we see the bridge, then we will go forward.”
 - iii) But there comes a time when we do not have an alternative, and we just simply have to trust.
- d) Philippians 4:11-12
 - i) The Apostle Paul was in a Philippian prison waiting perhaps for a death sentence when he wrote this.
 - ii) In this passage, the word “content” is a Greek word that means self-contained, to have everything that I need within me, to be content, not dependent upon any other resource except what I have on the inside.
 - (1) This is not being self-sufficient; it is self-contained.
- e) Philippians 4:13
 - i) The literal translation of this verse is, “*I can do all things through Christ who is pouring His life into me.*”
 - ii) Paul said that he had learned this.
 - (1) Did he get this kind of trust by reading a book or by listening to a sermon in his day?
 - (a) You learn it when you are at the Red Sea.
 - (b) You learn it when you are in prison.
 - (c) You learn it when there is nothing else you can do but trust.
 - iii) There comes a time when we have nowhere to go except to the Lord.
 - (1) When we learn that Jesus is all that we have, we will learn that Jesus is enough.

- iv) When Paul was saying that he could do all things through Christ, he was just simply saying that Jesus was all he needed.
 - f) “Trust in the Lord and do good.”
 - i) Psalm 37:3
 - ii) Don’t retreat; go about your lifestyle.
 - iii) People who fret and worry withdraw; they hunker down.
 - iv) Go ahead and stay busy.
 - v) If you don’t have a job, then don’t sit at home watching television.
 - (1) Go out and do good.
 - (2) Get busy and go do something.
 - (3) Ask if you can work for nothing; and before long, you will have a job.
 - g) There are many times in the Bible where God has promised to meet our needs.
 - i) Psalm 37:3
 - ii) Matthew 6:33
 - (1) Don’t put things first; put God first.
 - (2) Why is God telling us this?
 - (a) God is not telling us this so that we can have provision.
 - (i) Most people have food, clothes, a house to live in, and they don’t trust the Lord.
 - (b) God is saying not to be like the heathen.
 - (i) Matthew 6:32
 - (ii) What occupies their minds is to get all they can and can all they get.
 - (c) Let God take care of these things so that you can serve Him.
 - (i) Put your faith in the Lord Jesus Christ.
 - (ii) Matthew 6:24
 - 1. We cannot serve the things of this world and serve the Lord at the same time.
 - h) Philippians 4:11
 - i) God puts us in school, and He will keep us there until we pass the test.
 - (1) We have to learn to trust the Lord.
 - (a) God says that we will dwell in the land, and we will be fed.
- 3) DELIGHT IN THE LORD WHEN DREAMS DISSOLVE (PSALM 37:4)
 - a) When our dreams dissolve, we fret because our joy is threatened.
 - i) We have to find a source of joy that cannot be threatened.
 - ii) There is only one source of joy that cannot be threatened, and that is the Lord.
 - b) When we delight ourselves in the Lord, the desire of our hearts will be met.
 - i) If we delight ourselves in finances, then the desire of our hearts can be threatened.
 - ii) If we delight ourselves in family (it’s not wrong to love family), then we may have to kiss them goodbye.

- iii) Circumstances change.
- iv) Only when our desire is wrapped up in the Lord Jesus Christ, then will we find the innermost needs of our hearts are met.
- c) Many people misread Psalm 37:4.
 - i) They get the idea that if they love God, then they can have whatever they want.
 - ii) If you love God, then you already have what you want, which is the Lord.
 - (1) Our innermost need is the Lord Himself.
 - (a) Do you know Him?
 - (b) Is He the chief desire of your heart, even when your dreams dissolve?
 - iii) Corrie Ten Boom once said the following:
 - (1) Look around, and you will be distressed.
 - (2) Look within, and you will be depressed.
 - (3) Look to the Lord, and you will be at rest.
- d) God will put us in school.
 - i) He will teach us to trust.
 - ii) He will not let us out of that school until our chief delight is in Him alone.
 - (1) Can you say that your heart pants for Him as the deer pants after the water brook?
 - (a) Psalm 42:1
 - (2) Children, wealth, home, and job can all be threatened.
- e) Hebrews 10:34
 - i) What if you got home tonight, and someone had been through your house?
 - (1) What if they emptied your house because you are a Christian?
 - ii) What if some army came and took away everything that you had?
 - (1) That is what happened to these early Christians.
 - iii) Do you want to know everything you have that really counts?
 - (1) Add up everything you have that money cannot buy and death cannot take away.
 - iv) These early Christians saw their houses looted, their material things taken away, and yet they praised God.
- f) 2 Corinthians 6:10
 - i) The Apostle Paul speaks of these believers as sorrowful, yet always rejoicing.
 - ii) "Sorrowful" is the tension that we have in our lives.
 - (1) There are sorrows that come.
 - (a) A loved one has cancer, a baby dies, a home is broken, or a child runs away.
 - iii) "*As having nothing and possessing all things.*"
 - (1) The devil comes to you and says that if you serve him, then he will pay you well.
 - (2) You say that he you cannot pay you; you have everything.

- (3) The devil says that he will take away everything you have.
 - (4) You say that he cannot take away anything because you don't have anything.
 - (a) What can the devil do with a person like that?
 - (b) That is the person whose delight is in the Lord.
 - (i) We can tell much about a person by what makes him mad, sad, or glad.
- 4) COMMIT YOUR WAY TO THE LORD WHEN YOUR LIFESTYLE IS THREATENED (PSALM 37:5-6)
- a) Many of us don't want our lifestyles to be changed.
 - b) Psalm 37:5
 - i) In this verse, the word "way" means "lifestyle".
 - (1) It has the idea of a well-traveled path.
 - (2) It is the way we are used to living, our reputation, and our career.
 - ii) The word "trust" in this verse literally means to roll your way onto the Lord, put it in His hands.
 - (1) Commit it to Him.
 - (2) Give it to Him.
 - (3) Roll it on Him.
 - c) If we do this, then our standard of living may be changed but not our standard of life.
 - i) There is a difference between a standard of living and a standard of life.
 - d) "Your way" means your reputation, as well as your lifestyle.
 - i) You don't have to protect yourself when someone says something bad about you.
 - ii) Luke 6:26
 - iii) Psalm 37:5-6
 - (1) Roll it on the Lord.
 - e) There comes a time when we roll our burdens, our way, and our lifestyle on the Lord.
 - i) We trust Him with it.
 - (1) We give it to Him.
 - ii) When it is threatened, just say, "Here Lord, I roll it on You."
 - f) When we worry all the time, it takes strength out of us.
 - i) We cannot do what we are supposed to do.
 - g) Roll your burden on the Lord when your lifestyle is threatened and your way does not seem to be right.
- 5) REST IN THE LORD WHEN GOD SEEMS SLOW TO ACT (PSALM 37:7-11)
- a) We cannot rest until we trust in the Lord, until we delight ourselves in the Lord, and until we are committed to the Lord.
 - i) Then, we can rest in the Lord and wait patiently for Him.
 - b) Psalm 37:7

- i) In this verse, the word “rest” literally has the idea of being silent before the Lord.
 - (1) It means don’t murmur.
 - (a) Don’t complain.
 - c) We cannot hurry the Lord up.
 - i) We have to wait patiently for God.
 - d) Psalm 30:5
 - i) His presence is like the sunrise.
 - (1) It cannot be hurried up.
 - (2) It cannot be stopped.
 - e) In God’s timing, He will flood your world with His joy and peace.
 - f) We need to rest in the Lord and wait patiently for Him.
- 6) CONCLUSION
- a) There is no panic in Heaven, only plans.
 - b) The kingdom of this world will become the kingdoms of our Lord and His Christ.
 - i) Matthew 5:5
 - c) Malachi 4:2
 - d) When we trust in the Lord, delight in the Lord, commit to the Lord, and rest in the Lord, then we will be too blessed to be stressed.
 - e) Psalm 37:1
 - f) What a mighty God we serve!
 - g) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
 - h) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
 - i) Romans 3:23
 - ii) Romans 10:9-10
 - iii) Romans 10:13
 - iv) Acts 16:31
 - v) John 3:16