

God's Cure for Ragged Nerves

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Intro:

A. Some one has called our time the aspirin age.

1. We are plagued with problems.

a. Economic.

b. Political.

c. Heart problems.

2. Adversity is a giant octopus.

B. What do you do when problems come?

1. Many Christians are part of the problem.

2. How we respond is important.

I.) Reactions to trouble.

A. Denial.

1. Some believe Christians don't have problems.

2. These people need to open their eyes.

3. God never promised Christians a problem free life.

B. A fire escape approach.

1. Some try to escape problems.

2. Their favorite verse looks for escape. (1 Corinthians 10:13)

a. What they forget is in this verse Paul says the Christian will be able to bear up under his or her trouble.

b. God is not an escape artist.

C. Grin and bear it attitude.

1. This is evangelical fatalism.
2. Hold on and somehow hope to make it through.
3. This supposes that we can solve our own problems and weather the storms of life.

II.) I want to examine a man in Scripture who had a problem and found victory.

A. The answer to your problem is a person. (Psalm 37:1-9)

1. David saw iniquity abounding while the righteous suffer.
2. Luther said belief erases the question why.
3. Suffering is part of life.

B. There are four diving commands in this passage.

1. Trust in the Lord and do good.
 - a. There is sloppy thinking about trust.
 - b. It is nonsense to trust unless our trust is in the living God.
 - c. Two things about trust are crucial.
 1. Trust demands a worthy object.
 - i. Boarding an unsafe plane is foolishness.
 - ii. Only God is worthy of faith.
 - iii. You will never trust in him and be disappointed.
 2. Trust demand that we do good.
 - i. Faith is now passive; it's active.
 - ii. Doing good erases worry.
 - iii. This is the therapy of faith that James says bears fruit.

- iv. I counseled a worrying man that if he continues to worry he will drain himself of decision making power.
- v. Only faith releases a man from worry.
- vi. Trust is knowledge gripping experience.
- vii. Trusting grants us the sustaining grace of God.
- viii. A 33 year old man died, leaving his wife and kids, but she demonstrated great trust in God, doing good.

2. Delight thyself in the Lord and he will give thee the desires of thine heart.

- a. It doesn't mean God will give us anything we want.
- b. Our focus must be on God's delight.
- c. Love is concerned with the object of his love.
- d. I spent much time traveling to court my wife.
- e. Even drudgery became delight in being with her.
- f. What is the object of your delight?
- g. Are God's delights becoming your delight?
- h. Is God's word becoming your word?
- i. Delighting self in God will transform my delights.
- j. Many of us are under circumstances and therefore we endure our service for God instead of enjoying it.

3. Commit thy way to the Lord.

- a. Role thy way upon the Lord, depositing your load to him.
- b. We are inadequate but God is adequate.
- c. We cast our care on God for he cares for us. (1 Peter 5:7)

- d. Often we don't cast our cares on God but try to figure things out.
- e. If I deposit money in the bank and wonder if the employees remembered to lock the door I am not resting in that action.
- f. We trust God for eternity but worry about now.
- g. Role the now upon God, knowing he will care for you.

4. Wait patiently on God.

- a. Patiently means to keep quiet.
- b. Stop debating with God.
- c. Debating is arrogance.

d. Saul's conversion scared Ananias and he questioned God. (Acts 9:10-16)

- 1. Ananias feared but he obeyed.
- 2. We are not to question but to follow.

e. Are you debating with God over your problem?

- 1. The solution is patient trust.
- 2. God promises to answer according to his will.

f. The answer to your problem is a person.

- 1. Trust him and deposit your problem with him.
- 2. Wait patiently and have peace.
- 3. All things work together for good to those who love God.
- 4. All things do not work individually for good.
- 5. A friend of mine died in service to God, leaving a wife and four kids.
- 6. I told this woman that together things will work for her good.

7. A tapestry from the back side is ugly but from the front it is beautiful.

8. God's work in our lives is like this.

9. As a boy I played checkers with a man who beat me in one move.

10. He lost many pieces in order to make this sublime move.

11. We don't live for each event in life; we live for the big picture.

C. The answer to your problem is a person.

1. If you struggle with that it's because you don't know the person.

2. All have sinned but the gift of salvation is in Jesus "Christ.

3. We invite you today to receive Christ.

4. If you are a believer the knowledge of this truth will do you no good unless you act on it.

III.) Prayer.

A. Father, thank you for your word.

B. It speaks for life.

C. Let the Spirit of God work in our hearts that needs will be met and problems solved.

D. Help us to find our answers in Christ, Thy Son.