

Stress Relief

Stress tied to Fear/Anxiety, leads to Depression

(Pr 12:25) Anxiety in the heart of man causes depression, but a good word makes it glad.

Why does Satan work Anxiety so hard? He wants you to get depressed and give up.

“Good Word” (contrast) is the Remedy

Problem: hard to hear God when stressed

David in Ziklag ~ 1 Samuel 30

Hiding from Saul among Philistines pretending to raid Judah, raiding Amalekites

Philistines gather to attack Israel, Achish brings David, rejected (1 Sam 29)

Critical Time – Saul will die in this battle (1 Sam 28 ~ witch of En Dor)

Will the Prophecy of David becoming King finally come true?

(1Sa 30:1-6) ¹Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, ²and had taken captive the women and those who were there, from small to great; they did not kill anyone, but carried them away and went their way. ³So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. ⁴Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. ⁵And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. ⁶Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

Voices: “God is judging you”, etc.

Satan's SOP – Accuse, Anxiety, Depression, Give Up

spinning mental loop of unanswerable questions

How did David Strengthen himself in the Lord?

David's History (wasn't his first time)

1. worshipper (harp, Psalms)

2. leaned on God (prayer)

(Ps 109:1-4) ¹ Do not keep silent, O God of my praise! ²For the mouth of the wicked and the mouth of the deceitful have opened against me; They have spoken against me with a lying tongue. ³They have also surrounded me with words of hatred, and fought against me without a cause. ⁴In return for my love they are my accusers, but I give myself to prayer.

needs God's “Good Word”, because of Accusing Voices, Prayer!

(1Sa 30:8) ⁸So David inquired of the LORD, saying, “Shall I pursue this troop? Shall I overtake them?” And He answered him, “Pursue, for you shall surely overtake them and without fail recover all.”

He did, then went on to become King

How do we Strengthen ourselves in the Lord?

1. Tune Out the Voices
2. Pursue His Presence (worship & prayer)
 - a) Refreshing (Acts 3:19)
 - b) Silences the Voices

(Ps 31:20) You shall hide them in the secret place of Your presence from the plots of man; You shall keep them secretly in a pavilion from the strife of tongues.

3. Get a Good Word from God there (Jn 10:27)
4. Come Out Fighting in Faith

(1Ti 1:18) ¹⁸This charge I commit to you, son Timothy, according to the prophecies previously made concerning you, that by them you may wage the good warfare,

Resist Voices with Good Word

Opportunities for Stress are Increasing

Build a History; learn to Strengthen yourself in the Lord,

Practice Pursuing His Presence, so you're ready for your Ziklag.