



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Series: Living Out Loud

Today: Psalm 46 | Finding confidence in God when life is overwhelmingly stressful.

Pastor Brent Kall • July 21, 2024

The Psalms express two sides of the conversation of faith:

- Y_____ voice to God
- G_____ voice to you
- Stress is an i_____ part of life.
- The hormones that our bodies produce to respond to stressful situations have n_____ p_____ effects on us.

Types Of Stresses:

- R_____ Stress
- O_____ Stress
- F_____ Stress
- H_____ Stress
- T_____ Related Stress

1. Remember _____ God is.

Psalm 46:10 (NIV) *He says, "Be still, and know that I am God;*

- If you know God, r_____.
- If you don't know God, I _____.

2. Remember that God is W_____ Y_____. (Psalm 46:1)

- God is O_____: everywhere, with everyone, at all times

Psalm 139:7-10 (NIV)

7 *Where can I go from your Spirit?*

Where can I flee from your presence?

8 *If I go up to the heavens, you are there;*

if I make my bed in the depths, you are there.

9 *If I rise on the wings of the dawn,*

if I settle on the far side of the sea,

10 *even there your hand will guide me,*

your right hand will hold me fast.

Psalm 46:4-5 (NIV)

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall

1 Corinthians 3:16 (NIV)

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

Often our response to stress is to only factor in o_____ ability to handle it, & not the ability of G_____ who is with us.

God being with us should bring us c_____.

Daniel 3:16-18 (NIV). Their confidence in God d_____ their actions!

3. Regardless of the circumstances, do not be a_____.

Psalm 46:2 (NIV) *Therefore we will not fear,*

• When God is with us we don't have to o_____ out of fear.

Isaiah 41:10 (NIV)

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

John 14:27 (NIV)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

• The worlds peace is based on c_____, God's peace is based on his p_____.

4. We must T_____ God to be our H_____.

(Psalm 46:1, Psalm 46,5)

Matthew 11:28 (NIV)

Come to me, all you who are weary and burdened, and I will give you rest

Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

• When we t_____ God to help us with our overwhelmingly stressful circumstances, he offers us peace.