

## STRESS FRACTURES: WHEN THE SOUL BEGINS TO CRACK

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### Psalm 73 The Testimony of Asaph

#### I. Understanding Stress Fractures (Physical & Spiritual)

A stress fracture is a deep injury caused by repeated pressure. The same thing can happen spiritually when life's cumulative blows overwhelm the soul.

What repeated pressures are wearing on you today?

Where do you feel spiritually thin or fragile?

#### II. The Cumulative Pressure of Our World Today

We live under constant stress—violence, division, economic strain, global conflict, cultural anxiety, and personal burdens. These pressures create spiritual fractures.

How have recent events affected your faith or emotional resilience?

#### III. Asaph — The Honest Worship Leader

##### Who He Was:

- A Levite appointed by King David
- A “seer” (prophetic musician)
- Author/curator of Psalms 50 and 73–83
- A man who nearly lost his faith

**Why He Matters:** Asaph gives voice to the believer who says, “**God, what are You doing?**”

#### IV. The Crisis of Faith (Psalm 73:2–16)

##### Asaph's Struggle:

The wicked prosper

The righteous suffer

Injustice seems unchecked

His faith nearly collapses

Trying to understand it all becomes “overbearing”

Which part of Asaph's struggle feels familiar to you?

## V. The Turning Point — Entering the Sanctuary (Psalm 73:17)

Perspective changes in the presence of God. Worship reframes reality.

What does “entering the sanctuary” look like in your life?

## VI. The New Perspective (Psalm 73:23–28)

### (23) God’s Nearness

“Yet I am always with You; You hold me by my right hand.” **Interpretation:** God holds us even when we feel like slipping.

### (24) God’s Guidance

“You guide me with Your counsel, and afterward You will take me into glory.” **Interpretation:** God leads now; God receives us later.

### (25) God as Desire

“Whom have I in heaven but You?” **Interpretation:** God is not just useful and desirable.

### (26) God as Strength & Portion

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” **Interpretation:** Our strength fails; God’s strength does not.

### (27) The End of the Wicked

“Those who are far from You will perish...” **Interpretation:** Distance from God is the real danger.

### (28) The Goodness of Nearness

“But as for me, it is good to be near God.” **Interpretation:** Nearness is the antidote to spiritual fractures.

## VII. Living It Out — Serving Where You Are

We cannot fix the world, but we can love the people God has placed around us. Small acts of faithfulness matter.

Who is God calling you to serve this week?

What small act of love could make a big difference?