

DEALING WITH DAILY STRESS

Psalm 55

A report during the week showed that Australian business owners have handled the stress associated with the global financial crises relatively well. Only 36% of Australian business leaders suffered increased stress levels as opposed to the global average of 56%. We may not lead a business but ordinary everyday life still throws up its regular share of stressful days doesn't it? Psalm 55 identifies some of the causes of daily stress and teaches us how to navigate our way through them.

A) THE CAUSES OF STRESS

1. A DESTRUCTIVE MENTAL ATTITUDE

My thoughts trouble me and I am distraught (Psalm 55:2).

My heart is in anguish within me; the terrors of death assail me, fear and trembling have beset me; horror has overwhelmed me (Psalm 55:4-5).

2. DETERMINED ENEMIES

Day and night they prowl [the city's] walls; malice and abuse are within it. Destructive forces are at work in the city; threats and lies never leave its streets (Psalm 55:10-11).

3. DISLOYAL FRIENDS (FRENEMIES)

If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship as we walked with the throng at the house of God (Psalm 55:12-14).

4. DESIRE TO ESCAPE

*"Oh that I had the wings of a dove! I would fly away and be at rest—I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and the storm."
(Psalm 55:6-8)*

B) HOW TO HANDLE STRESS

1. TALK TO GOD, AND HE WILL HEAR YOU.

Evening, morning and noon I cry out in distress, and he hears my voice (Psalm 55:17).

2. CAST YOUR CARES ON HIM, AND HE WILL SUSTAIN YOU.

Cast your cares on the Lord, and he will sustain you (Psalm 55:22).

Cast all your anxiety upon him, because he cares for you. (1 Peter 5:7)

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (James 1:5)

3. TRUST IN GOD, AND HE WILL SAVE YOU.

I call to God, and the Lord saves me (Psalm 55:16).

WHAT NOW?

"Do not worry about tomorrow...Each day has enough trouble of its own." (Matthew 6:34)