

# HOPE AND TRUST OVER **FEAR AND ANGST**

**LESSON 3: “STRATEGIES FOR  
STRESS SEASONS”**





# STRATEGIES FOR **STRESS SEASONS**

**HOPE AND TRUST OVER FEAR AND ANGST**





# HOPE AND TRUST OVER FEAR AND ANGST

- “It’s Gonna Be Alright”
- God inspires hope and trust to navigate the difficult times of life.
- Psalm 27 gives doctrine for victorious courageous living.
- Lesson 1 - “The Lord, So I Shall” (1-3)
- Lesson 2 - “That One Thing” (4-6)
- Lesson 3 - “Strategies for Stress Seasons” (7-10)



# STRATEGIES FOR STRESS SEASONS

- Stress is necessary for spiritual development.
- Thankfully it comes episodically and in varying degrees of intensity.
- No Stress then no Strength, no Trouble then no Trust, and no Cross then no Crown!  
***#andsoforth***
- Psalm 27 reveals David's faith building tactics in a time of crisis and high anxiety.



# **Tactics → Strategies → Goals**

- **What is your goal in stressful seasons?**
- **Is it to get through?**
- **Is it to become more, to mature?**
- **Is it to glorify God?**
- **Strategy is how you accomplish the goal, tactics accomplishes the strategy.**
- **All are conditioned on the goal.**



# TACTIC 1- PRAY



- Real Prayer - Relational dependence on the God of Scripture.
- Personal Prayer - Not the polished, practiced prayer of the Public Assembly. **#trouble**
- Vocal Prayer - Intense, Therapeutic, Heartfelt and Desperate.
- Earnest Prayer - Time for conviction concerning God even if uncertain of outcome.
- Suppliant Prayer - Have mercy on me! Do not forsake me! Help Me!!



# TACTIC 2 - CONFESS

- David's plea for God's mercy, and to not turn him away in anger indicates guilt and remorse.
- We often disconnect our trouble from personal failure or complicit behavior. #Commission/Omission
- There is always room for improvement and there is grace to be forgiven in the presence of the Most High.



# TACTIC 3 - REMEMBER

- Your Commitment to the Word
- God's Commitment to you.
- Your Confidence in Him.



# Scriptural Therapy

- Find the high purpose (goal) for a stress season - Hope!
- Pray through it - Grown Prayer!
- Humble thyself! - Don't disconnect. Take ownership.
- Think of who the Lord is and what He does!  
- Be Confident.
- Seek His Face! - Commit to Him.

