

Your cup will run over...

- With Hope

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”
Romans 15:13

- With Love

“And may the Lord make you increase and abound in love to one another and to all, just as we do to you,”
I Thessalonians 3:12

- With Joy

“Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.”
John 16:24

- With Peace

“and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
Philippians 4:7

*“You prepare a table before me in the presence of my enemies;
You anoint my head with oil; My cup runs over.”*
Psalm 23:5

STRESSBUSTERS

Busting The Stress Of Difficult Relationships

Pastor Steve Reynolds

INTRODUCTION

A. Are you ready to bust your stress? In these tough times you long for a more peaceful life. Our Stressbusters teaching series will show you how to bust six forms of stress. This series is based on the famous Psalm 23. This powerful Psalm, written by David, has given comfort to countless people.

“For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.”

II Corinthians 1:8

B. Watch this series and find the ultimate relief for the daily stresses of your life. The messages include:

May 10 Busting The Stress Of Worry
May 17 Busting The Stress Of Damaged Emotions
May 24 Busting The Stress Of Indecision
May 31 Busting The Stress Of Dark Valleys
TODAY Busting The Stress Of Difficult Relationships
June 14 Busting The Stress Of The Future

C. TEXT: Psalm 23:5 (Pew Bible/Page 537/Old Testament)

Difficult relationships are a fact of life. They can ruin your present and sabotage your future.

BUSTING THE STRESS OF DIFFICULT RELATIONSHIPS

I. WHAT NOT TO DO WITH A DIFFICULT RELATIONSHIP

A. Don't Ignore It

"2 I was mute with silence, I held my peace even from good; And my sorrow was stirred up.

3 My heart was hot within me; While I was musing, the fire burned. Then I spoke with my tongue:" Psalm 39:2-3

"Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother." Matthew 18:15

B. Don't Resent It

"You who tear yourself in anger,..." Job 18:4a

"bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do." Colossians 3:13

II. WHAT TO DO WITH A DIFFICULT RELATIONSHIP

A. Let Jesus Settle The Score.. (23:5a)

"You prepare a table before me in the presence of my enemies;..." Psalm 23:5a

"17 Repay no one evil for evil. ...

19 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord." Romans 12:17a, 19

"43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

44 But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you," Matthew 5:43-44

B. Let Jesus Sooth Your Wounds. (23:5b)

"...You anoint my head with oil;..." Psalm 23:5b

"He heals the brokenhearted And binds up their wounds." Psalm 147:3

"But my horn You have exalted like a wild ox; I have been anointed with fresh oil." Psalm 92:10

Five things that God uses to sooth your wounds:

- Bible
- Prayer
- Worship
- Fellowship
- Service

C. Let Jesus Satisfy Your Needs. (23:5c)

"...My cup runs over." Psalm 23:5c

*"8 Oh,that men would give thanks to the LORD for His goodness, And for His wonderful works to the children of men!
9 For He satisfies the longing soul,And fills the hungry soul with goodness."* Psalm 107:8-9