



Stress

April 8, 2018

Scripture Text

Psalms 34; Philippians 4:4-8; Romans 4:3-6

Connect

What is your greatest source of stress?

Does stress hinder you from change or does it push you to change? In what ways?

Engage

Read Psalm 34

This is a psalm written after David has had to flee both Saul and Abimelech. (See 1 Samuel 21:10-15). What is David's response to his escape in verses 1 and 2? How does David's response compare to Paul's instruction in Philippians 4:4?

In verses 2b through 3, what does David call for those around him to do? In what ways do you benefit by asking others to rejoice with you? In what ways do they benefit?

In his time of need, what does David do (vv. 4 & 6)? How does this compare to Paul's instruction in Philippians 4:6?

What things are promised to the seeker in vv. 4-7?

What does it mean to 'taste' and to 'see' that the Lord is good (v.8)? How do you do that?

What does it mean to 'fear the Lord' (v. 9)? Who are the people who fear Him?

What are the results of 'tasting and seeing' and 'fearing' in verses 9-10?

Who does David want to teach in verses 11-14? What does he want to teach them?

Verses 15-22 talk about promises to the righteous. Who are the righteous David is talking about? See Romans 4:3-6.

What are the promises David describes in verses 15-22? Does God guarantee we won't have trouble (v.19)?

Apply

Look at all the promises in this psalm again in light of the things you said most stress you. What specific things would you tell someone who is going through what you are going through based on this psalm?