

Maple Springs Baptist Church

Series: Red Letter Living—Living the Words of Jesus

Week 6: Prescription for Life's Problems

People can believe they believe something that they may not actually believe.

The truth is that beliefs that have no connection to reality, even if they're sincere, aren't beliefs at all; they're delusions.

Following Jesus is what happens when our lives align with what we say we believe about Him.

Matthew 14:13-17

Jesus was pressured and pushed. And our Savior needed some rest. Sound familiar?

Causes of Stress: ¹ Change; ² Conflict; ³ Criticism; ⁴ Concerns; ⁵ Crises in life. Whatever the cause, stress tends to show up with the goal of reminding us that we are in the rat race, and the rats are winning.

Tension: Overwhelmed is no way to live.

The question isn't so much whether or not we will encounter stress in life, but rather how we will respond once we do. Instead of lashing out, Jesus decided to look up.

Matthew 14:18-21.

With the situational stress level sky-high, instead of pushing the sources of that stress away, Jesus invited them to come closer still.

When stress is mounting and power is failing, prayer is the surest way through.

1. Return to God

More often, however, we bring stressful situations onto ourselves. Example: Israel

When you and I encounter stress of any kind-Refuse to run, or to Rant, or to Rage, and instead choose to Return to God.

2. Rest in God

Psalm 127:2 ESV says "eating the bread of anxious toil".

The Detoxification we're Searching for Requires a Purification that's Divine.

- God is eager for us to come to Him.
- God is not only willing to replenish us whenever we need to be restored but He is also able to do this good work.

3. Reinforced through Prayer

Facing trials-troubles, struggles, obstacles, stresses, difficulties, problems, pain-is a pathway to returning to and resting in God. Trials are the most Effective Catalyst for Prayer.

3 Truth's for Life's Problems Matthew 11:25-30

1. God Reveals His truth to Refresh & Reshape the Humble
2. God Redeems & Restores the Wayward and Worried
3. God Renews & Revives the Weary and Weak

TRUTH: Red Letter Living Receives Jesus' Invitation to Come & Be Renewed.