

**Stress Relief**  
**Psalm 4**  
**November 13, 2016**

**According to the experts, stress comes in four different flavors:**

1. \_\_\_\_\_ stress is what most people identify as stress.
2. \_\_\_\_\_ acute stress is more serious.
3. \_\_\_\_\_ stress is the most serious of all.
4. \_\_\_\_\_ stress is the result of massive acute stress.

**Experts have come up with a number of suggestions for dealing with stress:**

- (1) Identify your \_\_\_\_\_.
- (2) Get a \_\_\_\_\_.
- (3) Practice \_\_\_\_\_ exercises.
- (4) Do some \_\_\_\_\_ exercising,
- (5) Develop a \_\_\_\_\_ network through friends, family, and co-workers.

Psalm 4:1 ~ Answer me when I call, O God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer. (2) O sons of men, how long will my honor become a reproach? How long will you love what is worthless and aim at deception? Selah. (3) But know that the Lord has set apart the godly man for Himself; The Lord hears when I call to Him. (4) Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah. (5) Offer the

sacrifices of righteousness, And trust in the Lord. (6) Many are saying, "Who will show us any good?" Lift up the light of Your countenance upon us, O Lord! (7) You have put gladness in my heart, More than when their grain and new wine abound. (8) In peace I will both lie down and sleep, For You alone, O Lord, make me to dwell in safety.

**Through David, God teaches us some important lessons about peace of mind during times of stress:**

1. In coping with stress, our first response should be \_\_\_\_\_.

Psalm 4:1 ~ Answer me when I call, O God of my righteousness! You have relieved me in my distress; Be gracious to me and hear my prayer.

**There are three parts to David's prayer in verse one.**

(1) David is \_\_\_\_\_ God for who He is.

(2) David expresses \_\_\_\_\_ to God.

(3) David asks for \_\_\_\_\_ in this situation.

2. Supplication ought to be our first response, but our second response is \_\_\_\_\_.

3. When life becomes stressful, the Lord invites us to practice supplication, stillness, and finally...\_\_\_\_\_.