**Persisting in Pressure - Persistence under stress- Ps. 46**

We are talking about persisting under pressure in these times in God’s word.

* ***It is God’s way to use trials to produce persistence in those who trust in God***
* ***Today we consider persisting under stress***
* ***It is a fact that the stress of life comes from pressures of family life, work life, & worldly demands.***
* ***We all experience stress – sometimes it is seen in worry, anger, unsettledness, frustration, despair.***
* ***So what must we hear from God’s word to help us persist under stress?***

**Hear God’s Word**

God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth should change. And though the mountains slip into the heart of the sea, though the waters roar and foam, though the mountains quake at its swelling pride…

Cease striving and know that I am God, I will be exalted among the nations, I will be exalted in the earth – Ps 46:1-3,10

1. **God is constantly helping us in the stresses of life – our refuge & strength 46:1**
2. Refuge – hiding place
3. Strength – source of power to protect & sustain us
4. **God is constantly present with us in the stresses of life - present help in trouble 46:1**
5. The word – trouble means” restricted”- old saying – between a rock & hard place!
6. **God’s continued presence removes fear from our stressfulness - I will not fear – 46:2**
7. We will not fear
8. **When we trust God as a present help we will experience peace – be still & know 46:10**
9. Cease from striving – Hebrew = stop!

**Believe God’s Word**

Today will you believe God’s word in your stress?

1. Believe that He is your constant protection & strength in the stresses of life
2. Believe that He is your present help in troubles
3. Believe His promise that He is with you in all your stresses
4. Believe that you can have peace in the middle of the greatest storms

**Live God’s Word**

1. Today in your stresses remember He is constantly helping you

Heb. 4 – come to the throne of grace to find mercy in help in time of need

 Tell it to Jesus Christ your great high priest

1. Today give your cares, worries, anger, frustrations to the Lord

1 Pet. 5:7 – cast all your anxiety on Him, because He cares about you

1. Live fearlessly because He is with you! – Lord Jesus said, I am with you always!

Ps 23 – the Lord is my Shepherd – I will not fear you are with me!

Say that today to the Lord – **I will not fear for you are with me!**

1. Live peacefully in mind – settle yourself in His protection & care for you!

Ps. 131:2 – I have certainly soothed and quieted my soul, like a weaned child resting against his mother, my soul within me is like a weaned child

 **In childlike trust of God live peacefully knowing that God is your constant protection,**

 **strength & help in all your troubles!**

**Are weak and heavy - laden burden with a load of cares, we should never be discouraged take it to the Lord in prayer!**