

Lynn Valley Full Gospel Church  
March 2<sup>nd</sup>, 2014  
Speaker: Owen Scott

**Title: “When Your Stresses are Greater Than Your Strengths”**

**Text: Psalm 46:1-11**

**1. Remedy for stress**

- a) Be still (v.10)
- b) Know that “I am God” (v.10)
- c) Know that God is our refuge and strength (v.1)
- d) Know that He is a very present help (v.1)
- e) Know that “there is a river” (v.4)

**2. David’s formula for trusting God**

- a) “Therefore we will not fear” (v.2)
  - Phil. 4:6; Isa. 26:3; Psa. 27:14
- b) Confess your need
- c) Confess His strength
- d) Thank Him for the answer
- e) Claim peace in your heart!