

"Pain Management" – Psalm 46
Sermon Notes
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First Baptist Church, El Paso, Texas
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INTRODUCTION

1. Sometimes, pain is delivered to our lives in heaping doses & by special delivery.
2. I went to bed last night trying to push the day out of my head. (exp)
3. Sleep was fitful; those thoughts wouldn't stop; forcing their way...
4. Finally, at 2:15 a.m., I got up.
 - a. What do you do with those thoughts?
 - b. What do you do with the pain?
5. Across our city today, pastors and trying to help answer those questions
6. Here's an important truth:
 - a. Every person must deal with their own pain.
 - 1) I can stand with you; beside you.
 - 2) I can give input; suggestions; possible solutions
 - 3) But you must deal w/your own pain.
 - b. How will you handle yours?
 - 1) Variety of ways; Most = unhealthy
 - a) Some will push it back; pack it in.
 - b) Some will do nothing; the pain will handle them
 - c) Some will respond w/anger – and create more pain.
 - 2) Let pain do its proper work.
Reminder: We are not created to go at it alone!

BODY

1. First, make sure your handling of pain drives you to (vs away from) God.
 - a. Listen to the words of the psalmist & his response to pain/trial. (Read Ps 46)
 - 1) vv.1-7 – Effect of His presence in catastrophe
 - 2) vv.8-9 – Power He brings to bear on situation.
 - 3) v.10 – Our response
 - b. "Be still..."
 - 1) Literally, "relent" (NAS: "cease striving")
 - 2) Causative (Hiphil) force; "Make this happen!" What? "stop!"
 - 3) ILL: News cycle – play & replay & replay again – looking for tiny new piece of information; IMPACT: Channel 7 & "cry" counsel

- 4) Part of the "solution" = "stop nursing the pain"
ILL: 4 a.m. backyard...
- c. "...and know that I am God."
 - 1) This shows – more than just "silent & stationary" Proactively...
 - 2) "know" = experientially "recognize." (exp)
Jesus said it this way... (Read Matt. 11:28)
 - 3) (Present gospel) Created for rel'ship w/God.
Take your pain to God and find relief/rest.
 - 4) (read Psalm 46:10b-11) God overcomes trouble & pain!
2. (not used) Second, handling your pain requires involvement with others.

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