

## COPING WITH STRESS

David's divinely-given directives  
(See 2 Samuel 22:1-7/ Psalm 18:1-6)

How often we hear and perhaps say: "I have that terrible sinking feeling...I'm feeling vulnerable...I am devastated...I just can't go on...I'm being got at...I feel guilty...he/she is breathing down my neck...I'm trapped in a corner...I'm finished." King David, 'the man after God's own heart' knew what it was to be 'stressed out' and 'falling apart'. On one occasion he wrote: 'In my distress I called upon the LORD, and cried to my God. He heard my voice from His temple, and my cry entered His ears' (2 Sam. 22: 7/ Psalm 18: 6). David's faith was sometimes weak but far from futile. By happy experience, he knew the help and blessing of God: 'Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!' (Ps. 34: 8). We too may call God **MY GOD** (v. 7/ v. 6) if we trust Him personally, come what may. The following assurances then become ours too:

When he had that 'sinking feeling', David trusted God, calling Him  
**MY ROCK**. *We also are secure if we trust Him!*

When David felt 'vulnerable', he trusted God, calling Him  
**MY FORTRESS** (Heb. *metsudah* = bulwark). *We also are protected if we trust Him!*

When he felt 'devastated', David trusted God, calling Him  
**MY DELIVERER**. *We also are rescued if we trust Him!*

When David felt 'weak', he trusted God, calling Him  
**MY STRENGTH**. *We also are upheld if we trust Him!*

When he felt he was 'being got at', David trusted God, calling Him  
**MY SHIELD**. *They can't touch us either if we trust Him!*

When David felt 'guilty', he trusted God, calling Him  
**MY HORN OF SALVATION**. *We also are pardoned if we trust Him!* (Note: the ram's horn was a symbol of power. The altar in the tabernacle had one on each corner. During sacrifices, these were sprinkled with blood (Lev. 4: 7, 18, 25) signifying God's gracious saving power in pardoning our sins and putting away our guilt).

When he felt his critics 'breathing down his neck', David trusted God, calling Him  
**MY STRONGHOLD** (Heb. *misgab* = high tower). *We also may ignore them if we trust Him!*

When David felt 'trapped in a corner', he trusted God, calling Him  
**MY REFUGE** (Heb. *manos* = a place to fly to). *We also have peace if we trust Him!*

When he felt he was 'finished', David trusted God, calling Him  
**MY SAVIOUR**. *We also are safe forever if we trust Him!*

For the Christian, all these powerful biblical truths are found in the person of our Lord Jesus Christ (see Luke 1: 67-79, esp. vs. 69, 71, 74, 77 and 79). In all our needs, Jesus calls us to trust and rest in Him (see Jn. 15: 5; Matt. 11: 28; Matt. 28: 20). When we are suffering stress - whatever the cause - we may trust God's Word and pray for help. We will then feel His liberating and comforting power. He will not fail us.

*Thought: Bibles which are falling apart are usually owned by people who are not.*