



"Find Your Purpose and Reach Your Destiny"

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Managing Threatening Emotions

Lesson 9

RESTLESSNESS

Psalm 42:1-11 (KJV)

Statement: *"I Still Haven't Found What I'm Looking For"*

Focus: Learn the cause of – and cure – for our incessant inner hunger

Reading Assignment: Psalm 42:1-11

Introduction:

Your body is equipped with a lot of tools to keep you safe and alive. One such tool is the fight or flight system. It's a system designed to make it easier for you to fight or flee at any sign of danger. For example, if you encountered a wild predator, your fight or flight system would help make it possible for you to run away without a second thought, and run further and better than you would without it. Unfortunately, we don't live in as dangerous a world, (*this statement may be questionable for some*) and that means that our fight or flight system often misfires. That's what causes anxiety, and that's what causes a constant restlessness.

Restlessness: The inability to rest or relax as a result of anxiety or boredom. Ex... "a feeling of restlessness was making it difficult to concentrate." Restlessness is one of the most common symptoms of anxiety. It's the feeling of being unable to sit still, or feeling as though you're on edge and something is about to or needs to happen.

Reading Assignment - Psalm 42:1-4 – SECTION ONE - **Group Discussion**

Soul: Hebrew, nephesh: *the totality of life*. Even animals have a *nephesh* (Gen. 1:20). The main point is that humans are given a spiritual nature

which leads them to seek God. Despite philosophical and atheistic claims to the contrary, as human beings by nature we are religious.

Question - What prevalent emotion (s) do you see in verse 1? (Circle your answer (s) then explain.

- a). Desperation
- b). Restlessness
- c). Anxiety
- d) A and B
- e) All of the above

Question- From Psalm 42:2, what did restlessness reveal about the writers' spiritual state of mind when he said, *"When shall I come and appear before God?"*

Observation from v.3 - Sometimes we are **OVERWHELMED** in our Christian faith. The psalmist's tears did not express lack of faith but inner turmoil and **UNEASINESS** of spirit.

Observation from v. 4 - **WORSHIP** is corporate; but **IT** is affected when **WORSHIPPER** allows circumstances, fear, and restlessness to overrule.

When Restlessness Occurs, You Must Take The Following Steps...

1. Identify the **WHY?** (Why am I this way? Why do I feel such anxiety or unrest?)
2. Identify the **WHO?** (To whom do I yield such power that I have become restless?)
3. Identify the **WHAT?** (what steps can I take to prevent this from happening the next time)
4. **PRAY...** Consistent entertainment of any unhealthy, negative feelings or thoughts will only worsen if not take immediately to God in prayer. (I Pe.5:7; Ps. 61:2; I Co. 10:13).

Reading Assignment: Psalm 42:5-7 SECTION TWO – **Group Discussion**

QUESTION - From Verse 5, (select from the answers above), which application (s) did the writer apply to his situation? (You will be asked to explain).

Observation from v. 5 - A person's soliloquy within his own soul must call for **HOPE**. The hope that looks beyond trouble and oppression to a **FUTURE** time when praise will replace grief.

QUESTION - From Psalm v.6, please describe the writers emotional state. What is he implying?

Observation from v. 6 - When the **CIRCUMSTANCES** of life overwhelm the people of God, regardless of where they are, they **INSTINCTIVELY** turn to Him.

Observation from v. 7 - The way to forget our miseries, is to remember the God of our mercies. David saw troubles coming from God's wrath, and that discouraged him. But if one trouble followed hard after another, if all seem to combine for our ruin, we must remember they are all appointed and overruled by the Lord

Reading Assignment - Psalm 42:8-11 - SECTION THREE

Psalm 42:8.... David's faith is renewed, when he remembered God and His goodness (see vs.6 also as companion scripture).

Observation from v. 8 - **REFLECTION** leads to **APPRECIATION** of God and His benefits toward us. Not only does reflection bring about a

sense of appreciation; but it will also drive away the spirit of restlessness when it comes.

~ APPRECIATION QUOTES ~

Trade your expectation for Appreciation and the world changes instantly

~ Tony Robins ~

Value and appreciate the people who sacrifice their "Something" for you. Because maybe that "Something" was their everything.

~Anonymous ~

Reading Assignment; Psalm 42:9-10

From v. 9 - Restlessness, as aforementioned, stems from anxiety.

Observe the contradictory phrase in this Scripture - v. 9 - *I will say unto God my rock, why hast thou forsaken me? Why go I mourning because of the oppression of the enemy?*

From v. 10 – We see how **ANXIETY** (restlessness) is often prevalent due to **RELATIONAL DISSAPPOINTMENT**. Family, work, church, between siblings, children, marriage, etc.

Psalm 42:11

Notes:

SUMMARY:

In this restless world, where chaos, tragedy, disruption and destruction are so prevalent, we must learn to put our Hope in God. Beloved, do not allow anything to make you fall back from God now! It's SHOW TIME! God is about to Shew Himself Strong on His people's behalf. Where tragedy is prevalent, triumph will manifest for you; and where there is existing pain and loss, you are about to experience great healing and increase. Get ready for the OVERFLOW!

DEVOTION - Read and MEDITATE on these Scriptures the rest of this week and let them minister to your Spirit.

Thursday - Ps. 61:1-4 & Prov. 18:10

Friday - Ps. 18:1-6 & 16-19

Saturday - Isa. 59:19