

**STRESSBUSTERS 2009**

**PART 5 – CONFLICT – Psalm 23:5**  
**Chuck Larsen, February 1, 2009**

**Psalm 23:5(ESV)** You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

**WHAT NOT TO DO IN CONFLICT**

**1. DON'T \_\_\_\_\_**

**Psalm 39:2-3(ESV)** I was mute and silent; I held my peace to no avail, and my distress grew worse. My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

**2. DON'T \_\_\_\_\_**

**Psalm 55:6-8(NLT)** Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness. How quickly I would escape— far from this wild storm of hatred.

**3. DON'T \_\_\_\_\_**

**Psalm 32:3(NCV)** When I kept things to myself, I felt weak deep inside me. I moaned all day long.

**4. DON'T \_\_\_\_\_**

**Job 5:2(GNT)** To worry yourself to death with resentment would be a foolish, senseless thing to do.

**5. DON'T \_\_\_\_\_**

**Job 18:4(GNT)** You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?

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**INSTEAD**

**1. LET JESUS \_\_\_\_\_**

“You prepare a table before me in the presence of my enemies.”  
**Romans 12:17-19(NIV)** Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God’s wrath, for it is written: It is mine to avenge; I will repay, says the Lord.

**2. LET JESUS \_\_\_\_\_**

“You anoint my head with oil.”  
**Psalm 147:3-5(NIV)** He heals the brokenhearted and binds up their wounds. He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power; his understanding has no limit.

**3. LET JESUS \_\_\_\_\_**

“My cup overflows.”  
**Romans 15:13(NIV)** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**1 Thessalonians 3:12(NIV)** May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.

**John 16:24(LB)** You haven’t tried this before, but begin now. Ask, using my name, and you will receive, and your cup of joy will overflow.