

God's Calm
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Psalm 23 - *David takes us on a journey to God's Calm in spite of struggle and trouble. If we will be led, we will experience God's:*

- Green Pastures.
- Quiet, still waters.
- Paths leading us to God's heart.
- Presence.
- GOODNESS and MERCY as they catch up to us in unexpected and desperately needed moments.

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." Psalms 23:5-6 NIV

Psalm 23 CHALLENGES ME to BREAK agreement with the lies and deceptions that are consuming my thoughts and keeping me from enjoying all God has for me and keeping ME from healing.

5 Seats At My Table:

- **Guilt / Shame** – Resolved / Unresolved
- **Conflict / Offense** – Resolved / Unresolved
- **Troubling Concerns** – Resolved / Unresolved
- **Aspirations** – Resolved / Unresolved
- **Decisions** – Resolved / Unresolved

Thread: **The BIG surprise for many is that God WANTS you to experience His CALM.**

When I live from God's CALM, I'm...

- not stuck in my own head reliving the offense.
- not living distracted by the pain of the wounds.
- able to be others-focused.

- able to make better, wiser decisions not based on my anger and bitterness, which is what unforgiveness becomes over time.
- less threatened, defensive, and insecure because I am at odds with no-one.
- able to seek Gods' heart from a place of calm, not pain.
- able to be a blessing to others.

Simple question: Is there unresolved CONFLICT in my life? Is there an OFFENSE I am holding onto?

UNRESOLVED conflict holds you back from experiencing Heaven on earth.

"Our Father in heaven... May your will be done on earth, as it is in heaven. ¹¹ Give us today the food we need, ¹² and forgive us our sins, as we have forgiven those who sin against us...¹⁴ "If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins." Matthew 6:9-15 NLT

- Jesus is not saying that you can't be RECONCILED until you forgive every person who wronged you.
- Jesus is speaking to the effect/benefits in my life.

If I refuse to forgive, things get weird with my Father who has forgiven me.

- Jesus is speaking to the effect on my life if I refuse to forgive.

"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. ¹³ Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. ¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony. ¹⁵ And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace... ¹⁷ And whatever you do or say, do it as a representative of the Lord Jesus..." Colossians 3:12-17 NLT

In the Kingdom of God:

- We choose to "love, offer mercy, kindness, gentleness, patience and forgiveness" to those who are "faulty."
- We choose to "love, offer mercy, kindness, gentleness, patience and forgiveness" to those who "offend" me.

*“God blesses those who work for peace, for they will be called the children of God.
10 God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs.” Matthew 5:9-10 NLT*

“But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. 18 And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.” James 3:17-18 NLT

- This does not make sense!
- It does if we believe Jesus when He says John 15:19 *“You’re in this world, but you are not of this world any longer.”*

REMEMBER: Jesus is speaking to the effect on my life if I refuse to forgive.

The Kingdom of God has different goals than the world we are in.
“Work at living in peace with everyone... Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.” Hebrews 12:14-15 NLT

How do I reach for the goal and silence the voice of conflict and offense?

Step 1: Examine myself.

*“Do not judge others, and you will not be judged. 2 For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.
3 “And why worry about a speck in your friend’s eye when you have a log in your own?
4 How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye, when you can’t see past the log in your own eye?’ 5 Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye. 6 “Don’t waste what is holy on people who are unholy. Don’t throw your pearls to pigs! They will trample the pearls, then turn and attack you.”
Matthew 7:1-6 NLT*

What is my motive? Goal?

“if another believer is overcome by some sin, you who are godly should gently and humbly (Restore) help that person back onto the right path. And be careful not to fall into the same temptation yourself.” Galatians 6:1 NLT
- My goal is restoration not judgement and penalty.

Is my heart clean before God and others?

“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, 24 leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” Matthew 5:23-24 NLT

- If I’m in their position, how would I want this to be resolved?
- Do I have any part in this being unresolved? Own it.
- Father, what is in Your heart for this situation?
- Now I’m more ready to think more clearly about this hard thing.
- Is this person in a place where I believe they will receive this offer to resolve?
“Don’t waste what is holy on people who are unholy. Don’t throw your pearls to pigs! They will trample the pearls, then turn and attack you.” Matthew 7:6 NLT
- Should I seek to resolve the offense or conflict? (Yes/No)
- Pray for yourself to be restrained and have God’s heart toward them.

Step 2: Speak with the person about the matter. (Resolved/Unresolved)

- Set the offense down.

Step 3: Speak with the person about the matter with a witness. (Resolved/Unresolved)

- Set the offense down.

Step 4: Consider them as someone who is far from God. (Resolved/Unresolved)

- Set the offense down.
- Pray for their heart to change.
- Ask God to change your heart towards them and release them and therefore yourself.

For illegal activity:

- Get the authorities involved.
- Your heart is still in need of healing.

Decisions I can make to silence the voices of conflict and offense:

- What is my part? Own it.
- I could overlook the offense and say nothing.
- When I go to them, I will go with the heart of restoration.
- Will I follow God’s example and forgive others?

Challenge:

Resolve the unresolved conflicts.

Check out these FREE online resources:

STUDIES BY DOUG BRITTON:**Why Forgive?**

www.dougbrittonbooks.com/resources/why-forgive

Listen Carefully to Deeply Understand

www.dougbrittonbooks.com/resources/listen-carefully

Five Steps to Resolve Conflicts

www.dougbrittonbooks.com/resources/conflict-resolution