

S E R M O N O U T L I N E

STRESS

Relief

B R I G H T O N C O M M U N I T Y C H U R C H

¹ After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' assistant: ² 'Moses my servant is dead. Now then, you and all these people, get ready to cross the River Jordan into the land I am about to give to them – to the Israelites. ³ I will give you every place where you set your foot, as I promised Moses. ⁴ Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates – all the Hittite country – to the Mediterranean Sea in the west.

⁵ No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶ Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

⁷ 'Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'

JOSHUA 1

#1. LISTEN TO THE CORRECT ADVICE

⁷ Then Moses summoned Joshua and said to him in the presence of all Israel, 'Be strong and courageous, for you must go with this people into the land that the Lord swore to their

ancestors to give them, and you must divide it among them as their inheritance. ⁸ The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.'

DEUTERONOMY 31

¹⁶ Then they answered Joshua, 'Whatever you have commanded us we will do, and wherever you send us we will go. ¹⁷ Just as we fully obeyed Moses, so we will obey you. Only may the Lord your God be with you as he was with Moses. ¹⁸ Whoever rebels against your word and does not obey it, whatever you may command them, will be put to death. Only be strong and courageous!'

JOSHUA 1

¹ Blessed is the one
 who does not walk in step with the wicked
or stand in the way that sinners take
 or sit in the company of mockers,
² but whose delight is in the law of the Lord,
 and who meditates on his law day and night.

³ That person is like a tree planted by streams of water,
 which yields its fruit in season
and whose leaf does not wither –
 whatever they do prospers.

⁴ Not so the wicked!
 They are like chaff
 that the wind blows away.

PSALM 1

#2.

TRUST IN THE CORRECT APPROACH

⁵ No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶ Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

⁷ 'Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'

JOSHUA 1

⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

⁶ For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

PSALM 1

²² Do not merely listen to the word, and so deceive yourselves. Do what it says.

JAMES 1

#3. LIVE FOR THE CORRECT AMBITION

² ‘Moses my servant is dead. Now then, you and all these people, get ready to cross the River Jordan into the land I am about to give to them – to the Israelites.

JOSHUA 1

¹ The Lord had said to Abram, ‘Go from your country, your people and your father’s household to the land I will show you.

² ‘I will make you into a great nation,
and I will bless you;

I will make your name great,
and you will be a blessing.

³ I will bless those who bless you,
and whoever curses you I will curse;
and all peoples on earth
will be blessed through you.’

GENESIS 12

¹⁷ Therefore I glory in Christ Jesus in my service to God. ¹⁸ I will not venture to speak of anything except what Christ has accomplished through me in leading the Gentiles to obey God by what I have said and done – ¹⁹ by the power of signs and wonders, through the power of the Spirit of God. So from Jerusalem all the way round to Illyricum, I have fully proclaimed the gospel of Christ. ²⁰ It has always been my ambition to preach the gospel where Christ was not known, so that I would not be building on someone else’s foundation.

ROMANS 15

DISCUSSION QUESTIONS

- 1. What are you stressed out about? To what extent are you influenced by the preoccupation of the people around you?**
- 2. How do you usually cope with the stresses of life? Share a time when the Word of God gave you peace and comfort in a stressful situation.**
- 3. We tend to live for too small an ambition! What does it mean for you to have a God-sized ambition for your life? What is God speaking to you through this message?**