

24-HOUR POWER, PART 2

INTRO: *The Psalms were Israel's inspired hymnal. We don't know the tunes to which they were sung, but like any worship song, the words are the most important feature. Psalm 3 and Psalm 4 together comprise a morning and evening prayer in David's flight from Absalom (2 Sam. 15-18).*

I. Conflict with our _____ cannot be completely _____. *Conflict is inevitable. Sometimes our own actions (or inactions) may contribute to our conflict with enemies.*

II. Conflict with our _____ can adversely affect _____. *Good (restful) sleep is necessary for good health. When daily conflicts disturb us, we may struggle to get the sleep we need.*

III. When conflict with our _____ adversely affects _____, ... (1-8). *David's evening prayer/song reveals three things that can help.*

A. _____.
God invites us to do this! Cf. 1 Peter 5:7; Hebrews 4:16.

B. _____.
Anger must be relinquished for true rest to occur. Replace anger with prayer for our enemies (Cf. Matthew 5:43-48).

C. _____.
*If we value **Him** above everything, earthly loss means nothing.*