

## **Sermon Outline: Navigating Perilous Times – Part 5 – Tools of Soothing**

Prentice Dupins, Senior Pastor Covenant Family Church –Sunday, April 4, 2020

### **Isaiah 26:3-4**

3 You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You. 4 So trust in the Lord (commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock [the Rock of Ages]. AMP

### **The Tool of Soothing**

As a child, we understand the concept of soothing, or the need to calm us down. Consider a child that scrapes a knee or wakes up from a thunderclap in the middle of the night.

Now for me, I actually liked watching the weather. I was amazed at its power. I didn't fully understand its power, but it was cool. So, thunder at night just woke me up to watch it until the time I was walking into the kitchen and bolt of lightning came through an open window and cracked an ice cube tray! I needed much soothing after that!

There were two things we needed whenever the scary thing happened: Presence and a Sound. Both things produced assurance. Both soothe.

### **Soothe**

1. To gently calm (a person or their feelings), pacify, to settle down, to comfort, to hush, to reassure
2. To reduce pain or discomfort in (a part of the body), alleviative, to ease.

### **Way to Soothe #1 – A Reassurance in His Presence**

Psalm 91 – Abiding Under the Shadow of the Almighty. After that initial thing that upset you (Thunderclap), you immediately covered yourself up. But when the claps will get closer and louder, you jumped up, ran into mom's room and climbed in the bed.

Psalm 91 – jumping into the soothing presence of God during the storm! That's what the Psalms do for us!

Psalm 23 - 1 The LORD is my shepherd; I shall not want. 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. 5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. 6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever. KJV

The Psalm about the Soothing Presence of God!

But once in the room and presence of mom, the thunderclaps continued and were even closer. She would just hold you close and use the second tool of soothing.

### **Way to Soothe #2 – The Calm of the Voice of God**

Mom would tell you it's going to be okay. And if that didn't do the trick, she would sing to you and or get you to talking to her about something good to take your mind off of what was troubling you!

### **How Does Sound Soothe the Soul?**

Notice that sound is what produced the original fear! But a greater sound overrode it and produced peace. Sounds can produce peace or fear. And because you are a believer in Jesus Christ and have been born again, made spiritually new, you get to choose the sound you listen to!

There are two sounds that soothe our souls.

#### **Sound #1 - The affirmations of what God thinks, believes, and proclaims about you.**

First, when we go into mom's presence, we see her confidence that the storm doesn't move her. But if the storm becomes fierce, such as with severe weather, we see her spring into action, grabbing flashlights and covers and moving us to a safe place in the house.

God does the same with us. So where do we go to receive the affirmations of what God thinks, believes, and proclaims about you?

#### **Isaiah 26:3-4**

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It is the Word of God that not only covers by activating your faith, it also reassures and affirms what God thinks, believes, and proclaims about you!

When others say things that disturb your peace, God's viewpoint soothes and settles you down! They may say, you're not loved, but God reaffirms continually His love for you!

**SELAH MOMENT #1** - Listen to God's Voice and not the Voice of the Storm!

#### **Sound #2 - The affirmations of what you think, believes, and proclaim about God.**

Our prayers, declarations, our praise and worship, our testimony soothes fear and brings peace. They are God's way of getting us to focus on him and the good that comes from Him and not the storm!

Our prayers, declarations, praise and worship, and testimonies cut directly at the power of fear to panic us and derail our trust in God.

So, when we give the Word back to God, it completes the loop of peace!

**SELAH MOMENT #2** - Speak the Words from God's Voice and Silence the Thunder of Fear!

We began this series with the full knowledge that according to scripture perilous times would come. Well they have and according to scripture, **they will continue to increase in intensity and frequency** – they will get worse and happen faster and faster.

This is why you need tools as a believer to navigate through perilous times.

**Yes, deception will increase, but you have the tools of illumination** to shine the light of truth on the lies of darkness.

Fear will continue to increase until its on steroids, to the point where, as scripture describes, people faint (die) from what is coming upon the Earth. But you have the tools of covering to protect you from the increasing levels of fear. His love conquers fear. We must mature in that love because perfected love casts out fear.

**Prentice's Proverb** - You grow out of your fear when you learn either it was a bark that never had a bite or how to handle the dog.

**And the noise of the perilous times will get louder in its attempts to rattle us** and move us into doubt as the intensity of the storms increase. But you are in His presence and His voice calms you. **You just need to complete the loop of peace and only give back to Him his words. Let God's Word rock you back into peace!**

When students work hard learning lines and practicing their part for opening night, they seem to always get the **"opening night jitters."** I would always tell them, you got this. You're prepared. Just **get that first entrance down, those first words,** and it will all come to you, because it's down there in you.

We are no longer preparing; we have arrived at opening night and all you need to do is step in faith onto the stage and let those first words come out. The storms, the perilous times, and the things being done by darkness are just the hecklers in the audience. Focus on the Script and you will be just fine! The end time curtain is up. Time to take the stage!