



‘OVERCOMING YOUR INNER TENSIONS’

Job 22:21-29

The Advent Season is here. This is the season of the year, in the Christian tradition, where the followers of Jesus Christ remember the events of the birth of their Messiah. God’s chosen people had lived under the oppressive regimes of many nations and endured unbelievable persecutions and trials while they waited for a king to give them victory over their oppressors. They had to learn the art of patience as they petitioned God for a better way of life. Century after century their plight on this earthly journey was marred by frustrations, setbacks, disappointments and defeats. Inner tensions and turmoil had become their daily companions. It is hard to hold on to your inner peace when nothing seems to be going your way. Throughout the Bible, there are countless stories of feelings of sheer tense, anxiety.

Waiting and not knowing, not being sure of your next steps can cause inner tension and stress. Waiting when all hope appears gone and not knowing who or what to trust can be self-destructive.

The Advent Season, or in modern day terminology, the holiday season is a self-imposed period between Thanksgiving Day and New Year’s Day where inner peace is dwarfed by inner tension. This morning’s sermon is one way to overcome the inner tensions, which can destroy a memorable season of anticipating the birth of our Lord and Savior Jesus Christ.

We hear a lot about the inner tensions of people. Well, Job had reasons to become tense and nervous. He had many problems. A sound and profound piece of counsel to overcome inner tension is written in Job 22:21, “Surrender to God all-Powerful!” You will find peace and prosperity. In all truth, aren’t we all seeking peace and prosperity?

We cannot receive nor appreciate these two qualities of life if our spirits and minds are overly obsessed with worry. The mind will magnify each problem and make it appear much larger. When we add other ingredients to our thinking, such as resentment, self-pity, fear of worse things happening, hopelessness, and despair, the inner tension in our being is taxed to the maximum.

Suppose that you could be certain, completely certain, that in spite of what may have happened to you or what your present state may be that in the future God will come to you: that you will have the financial resources to provide all of your needs and more; that your prayers will be heard and answered; that you will see clearly how to walk the paths of life; and that when moments of depression come, you will overcome them. If you really were sure those things were in your future, then would you be tense? Of course not.

The Bible promises those things. Let me give exact words which you will find beginning with Job 22:21. “Surrender to God all-powerful! You will find peace and prosperity...All will go well with you...let God be your silver and gold...worship God and find happiness... God will answer your prayers and your life will be bright with no inner tensions!”

During this period of waiting, or the Advent Season, study this passage in Job 22 and read Mark 11:24; Psalm 95; Matthew 17:20; and Philippians 4:11-13.

Believe that God has and will always have your best interest and that YOU WILL OVERCOME INNER TENSIONS!!.

Pastor Gerald L. Durley