



CHANGE YOUR

MIND

Psalm 55:4-8

## Ezekiel 33:11

As I live! Declares the Lord God, I take no pleasure in the death of the wicked, but rather that the wicked turn from his way and live. Turn back, turn back from your evil ways! Why will you die, O House of Israel?

## Psalm 55:4-8

<sup>4</sup> My heart is in anguish within me,  
And the terrors of death have fallen upon me.

<sup>5</sup> Fear and trembling come upon me,  
And horror has overwhelmed me.

<sup>6</sup> I said, "Oh, that I had wings like a dove!  
I would fly away and be at rest.

<sup>7</sup> "Behold, I would wander far away,  
I would lodge in the wilderness. Selah.

<sup>8</sup> "I would hasten to my place of refuge  
From the stormy wind and tempest."

## **Question:**

Why do I feel agitated?

## **Focal Truth:**

The conscience produces anxiety and fear when we sin.

# 1. The confession of emotional agitation

My heart is in anguish within me,  
And the terrors of death have fallen upon me.  
Fear and trembling come upon me,  
And horror has overwhelmed me. Ps. 55:4-5

## 2. The pain of an agitated conscience

I am benumbed and badly crushed;  
I groan because of the agitation of my heart.

Ps. 38:8

## 2. The pain of an agitated conscience (cont'd.)

- No soundness in my flesh – no health in my bones.
- Mental heaviness for sin – bent over and bowed down
- Sadness all day long – inward body pain
- This is the self-judgement of the conscience!

### 3. The remedy for an agitated conscience

For I am ready to fall,  
And my sorrow is continually before me.  
For I confess my iniquity;  
I am full of anxiety because of my sin.

Ps. 38:17-18



## 4. The relief from confession of sin and hope in God's forgiveness

For I hope in You, O Lord;  
You will answer, O Lord my God.

Ps. 38:15

## Daily Use:

- Are you living in emotional agitation?
- Do you know the reason for your agitation?
- Are you ignoring the pain of your agitation?
- Repentance and trust in God bring relief to the agitated mind!



CHANGE YOUR

MIND