

## Coping With Stress – Psalm 23 - part 1 of 6 "GOD'S ANTIDOTE TO WORRY"

The Problem With Worry. . .

- It's Unhelpful
  - It's Unreasonable
    - It's Unhealthy

The Antidote. . .

Believe God will take care of me

"The Lord is my shepherd; I have everything I need." Psalm 23:1 (NCV)

- He provides
  - He protects
    - He guides
      - He corrects

"God takes care of his people like a shepherd." Isa. 40:11 (NCV)

"My God will meet all your needs according to his glorious riches in Christ Jesus." Phil. 4:19

### How Can I Let God Be My Shepherd?

#### 1. Accept Jesus as my Lord

"The Lord is my shepherd." Psalm 23:1

Jesus said, "I am the good shepherd. . . my sheep know me. . . they listen to my voice, and they follow me." John 10:14, 27

Who is in control of your life?

#### 2. Begin praying about everything

"Don't worry about anything; instead, pray about everything; tell God your needs. . . If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand." Phil. 4:6-7 (LB)

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

#### 3. Consider one day at a time

"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." Matt. 6:34 (LB)

"Give us today our daily bread." Matt. 6:11

"Your heavenly Father already knows perfectly well what you need, and he will give them to you if you give him first place in your life and live as he wants you to." Matt. 6:32-33 (LB)