

TOO BLESSED TO BE STRESSED

"What To Do With Worry"

Psalm 23 (Pew Bible Page 392)

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

What does a shepherd do?

He PROVIDES

He PROTECTS

He GUIDES

He CORRECTS

"God takes care of his people like a shepherd."

Isaiah 40:11 (NCV)

*"My God will meet all your needs according
to his glorious riches in Christ Jesus."*

Philippians 4:19

HOW CAN I LET GOD BE MY SHEPHERD?

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

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"*

Philippians 4:6-7

"Cast all your anxiety on him because he cares for you."

1 Peter 5:7

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."

Matthew 6:34 (LB)

"Give us today our daily bread"

Matthew 6:11

*"Your heavenly Father already knows perfectly well what you need, and he will give it to you if you
give him first place in your life and live as he wants you to.."*

Matthew 6:32-33 (LB)