

God's Antidote to Busyness

Sermon Series: Psalm 23: Stress-Busters

STRESS-BUSTER:

✓ RECEIVE REST, REFRESHMENT AND RESTORATION.
(Psalm 23:2-3)

GOD'S WAY TO R.E.L.A.X.

① **REALIZE YOUR WORTH.**
(James 1:18, NVC, Matt 6:26 LB, Isa 49:16)

② **ENJOY WHAT YOU ALREADY HAVE.**
(Eccl 3:13 GN, Eccl 4:6 GN)

③ **LIMIT YOUR LABOR.**
(Eccl 10:15 GN, Exodus 20:9-10 GN, Mark 2:27)

④ **ADJUST YOUR VALUES.**
(Eccl 4:4 GN, Mark 8:36)

⑤ **EXCHANGE YOUR PRESSURE FOR GOD'S PEACE.**
(Matt 11:28-29 NCV)

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