

God's Antidote to Worry

Sermon Series: Psalm 23: Stress-Busters

THE PROBLEM WITH WORRY

The problem with worry is that...

- ❶ IT'S UNHELPFUL
- ❷ IT'S UNREASONABLE
- ❸ IT'S UNHEALTHY

STRESS-BUSTER:

✓ BELIEVE GOD WILL TAKE CARE OF YOU.
(Psalm 23:1)

HOW DO I MAKE GOD MY SHEPHERD?

You make God your shepherd when you...

- ❶ ACCEPT JESUS AS YOUR LORD.
(Ps, 23:1, John 10:14,27)
- ❷ BEGIN PRAYING ABOUT EVERYTHING.
(Ps 23:1, Phil 4:6-7 LB, 1 Peter 5:7)
- ❸ CONSIDER ONE DAY AT A TIME.
(Ps 23:1, Matt 6:34 LB, Matt 6:11, Matt 6:32-33 LB)

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