

“Psalm 23: God’s Prescription For Stressed People”

Sunday, October 29, 2023 @ 10:30am | Worship Center

God’s Prescription for Worry

Psalm 23:1: “The LORD is my shepherd, I shall not want.”

You and I were not born to worry! The old English word for worry is the word “to strangle” or “to choke.” Worry is not a natural thing. God doesn’t want you to worry.

The Problem with Worrying

- It’s unhelpful.
- It’s unreasonable.
- It is unhealthy.

“Worry is a cycle of inefficient thoughts whirling around a center of fear.” – Corrie Ten Boon

The Prescription for Worrying

- Believe God will take care of me.
 - Psalm 23:1...The Lord is my shepherd, I have everything I need.”

What does a shepherd do?

- A shepherd provides.
- A shepherd protects.
- A shepherd guides.
- A shepherd corrects.

Isaiah 40:11 (NCV); Phil. 4:19

- Accept Jesus as my Lord.
 - Psalm 23:1...“The Lord is my shepherd...”
- Begin to pray about everything.
 - Phil 4:6; 1Peter 5:7
- Consider one day at a time.
 - Matthew 6:34; Matthew 6:11; Matthew 6:33

“The Lord is my shepherd...”