

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

Sunday, November 5, 2023 @ 10:30am | Worship Center

God’s Prescription for Busyness!

Psalm 23:2: “He makes me lie down in green pastures; He leads me beside quiet waters.”

If we are burning the candle at both ends, then we are not as bright as we think. God is interested in our rest time as well as our recreation time. His desire is for us to live a life that is whole, balanced and complete.

A Prescription for Busy People...

- **Realize my worth.**

“God decided to give s life through the word of truth so we might be the most important of all the things he made.” – James 1:18 (NCV)

“...your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are.” – Matthew 6:26 (Living Bible)

God says, “I have engraved you on the palms of my hands.” – Isaiah 49:16 (NIV)

- **Enjoy what I already have.**

“...moreover, that every man who eats and drinks sees good in all his labor—it is the gift of God.” – Ecclesiastes 3:13 (NASB)

“One hand full of rest is better than two fists full of labor and striving after wind.” – Ecclesiastes 4:6 (NASB)

- **Limit my labor.**

“The toil of a fool so wearies him that he does not even know how to go to a city.” Ecclesiastes 10:15 (NASB)

“Sabbath” means _____

“The Sabbath was made to benefit man not man to benefit the Sabbath”
– Mark 2:27 (Living Bible)

Rest your body...recharge your emotions...refocus your spirit.

- **Adjust my values.**

“I have seen that every labor and every skill which is done is the result of rivalry between a man and his neighbor. This too is vanity and striving after wind.” – Ecclesiastes 4:4 (NASB)

“What good is it for a man to gain the whole world, yet forfeit his soul?” – Mark 8:36

- **Exchange my pressure for God's peace.**

Jesus: 28. “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. Matthew 11:28-29 (NASB)

If we are burning the candle at both ends, then we are not as bright as we think. God is interested in our rest time as well as our recreation time. His desire is for us to live a life that is whole, balanced and complete.