

HURT

BUSYNESS

DAMAGED
EMOTIONS

DARK
VALLEYS

INDECISION

FEAR

WORRY

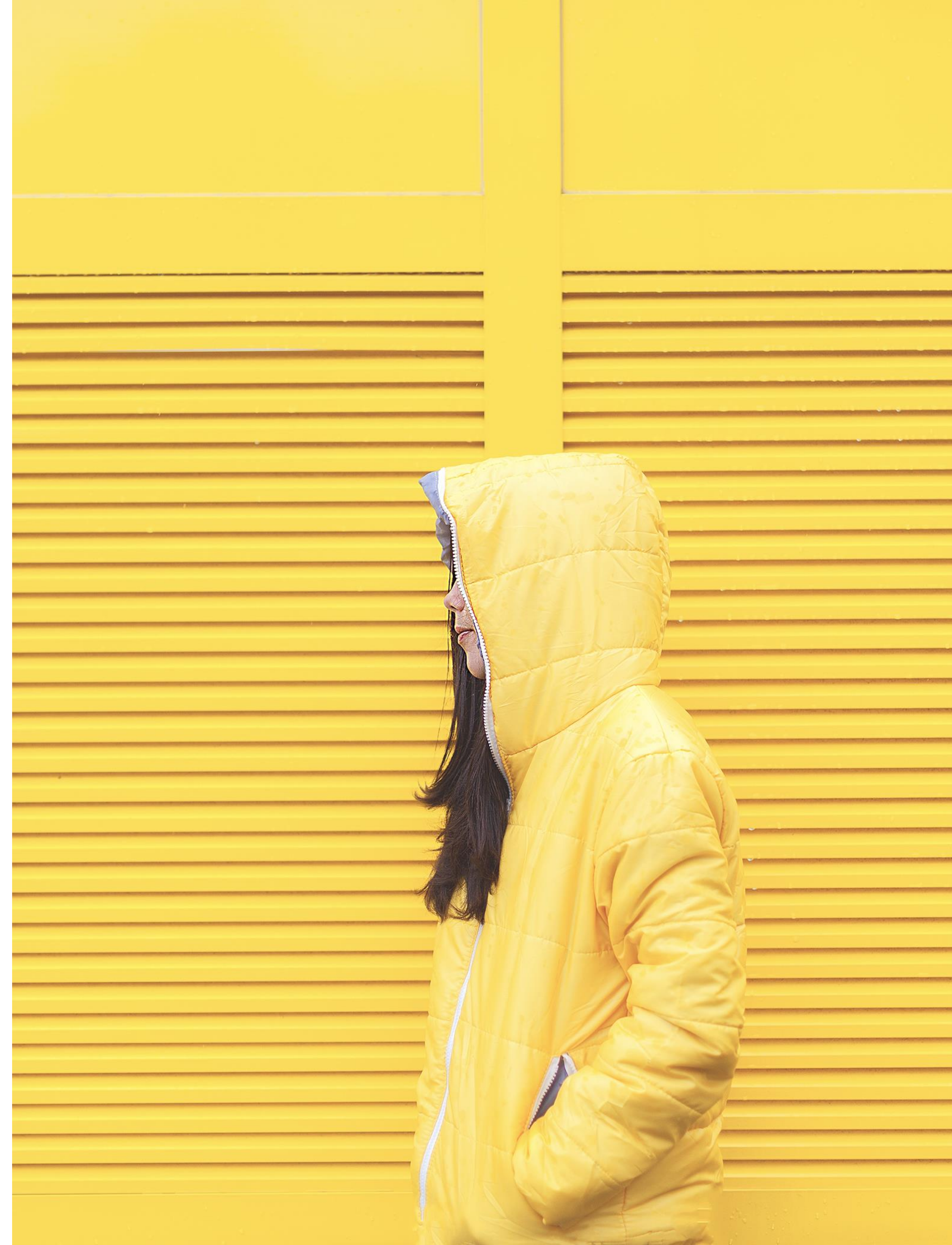
STRESS

BUSTERS

FROM PSALM 23

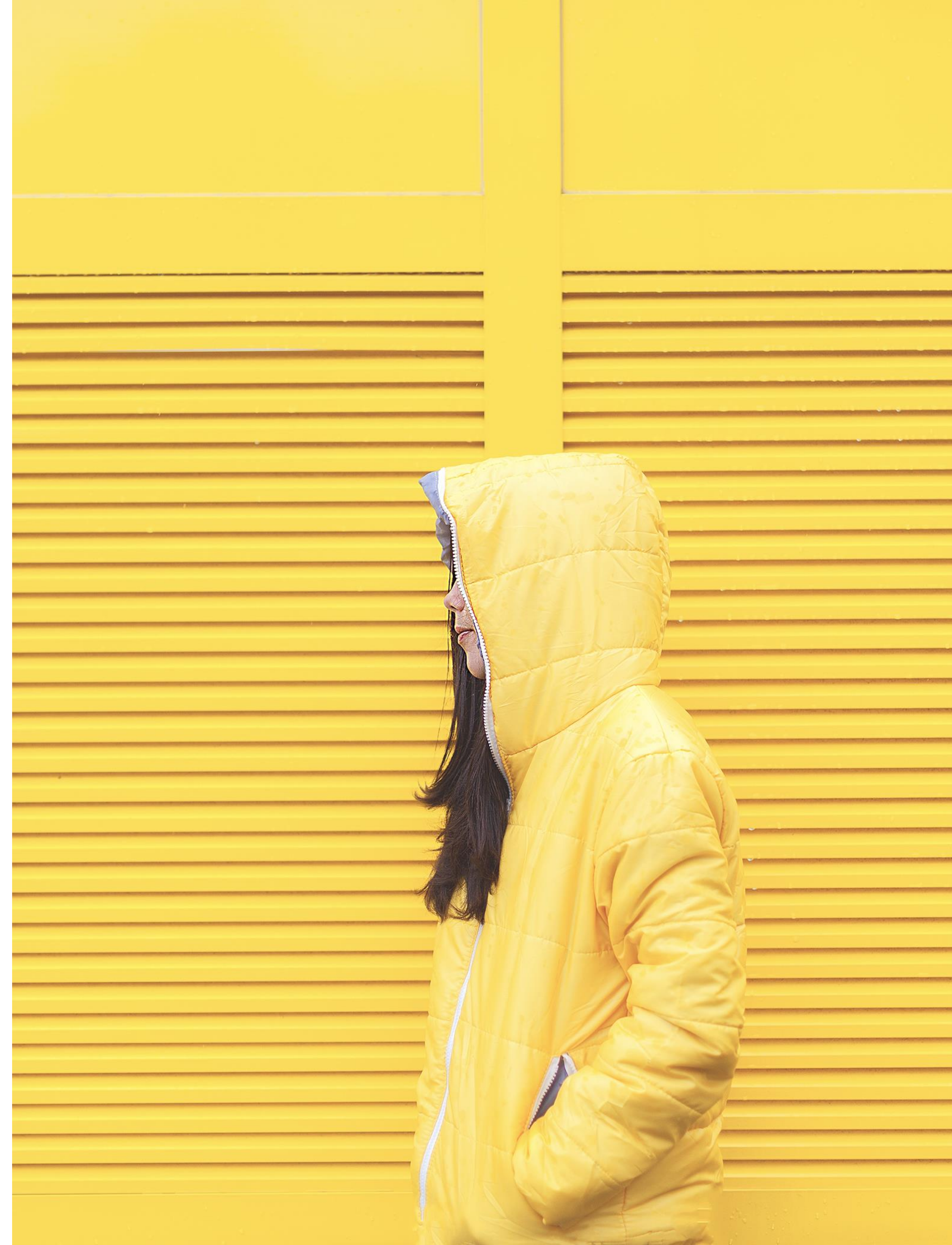
- **FORTY-THREE PERCENT OF ALL ADULTS SUFFER ADVERSE HEALTH EFFECTS FROM STRESS**
- **75% TO 90% OF ALL DOCTOR'S OFFICE VISITS ARE FOR STRESS-RELATED AILMENTS AND COMPLAINTS**
- **EXCESSIVE STRESS PLAYS A ROLE IN CAUSING HEADACHES, HIGH BLOOD PRESSURE, HEART PROBLEMS, DIABETES, SKIN CONDITIONS, ASTHMA, ARTHRITIS, DEPRESSION AND ANXIETY.**

WEB MD



**STRESS IS THE FEELING OF
BEING OVERWHELMED OR
UNABLE TO COPE WITH
MENTAL OR EMOTIONAL
PRESSURE.**

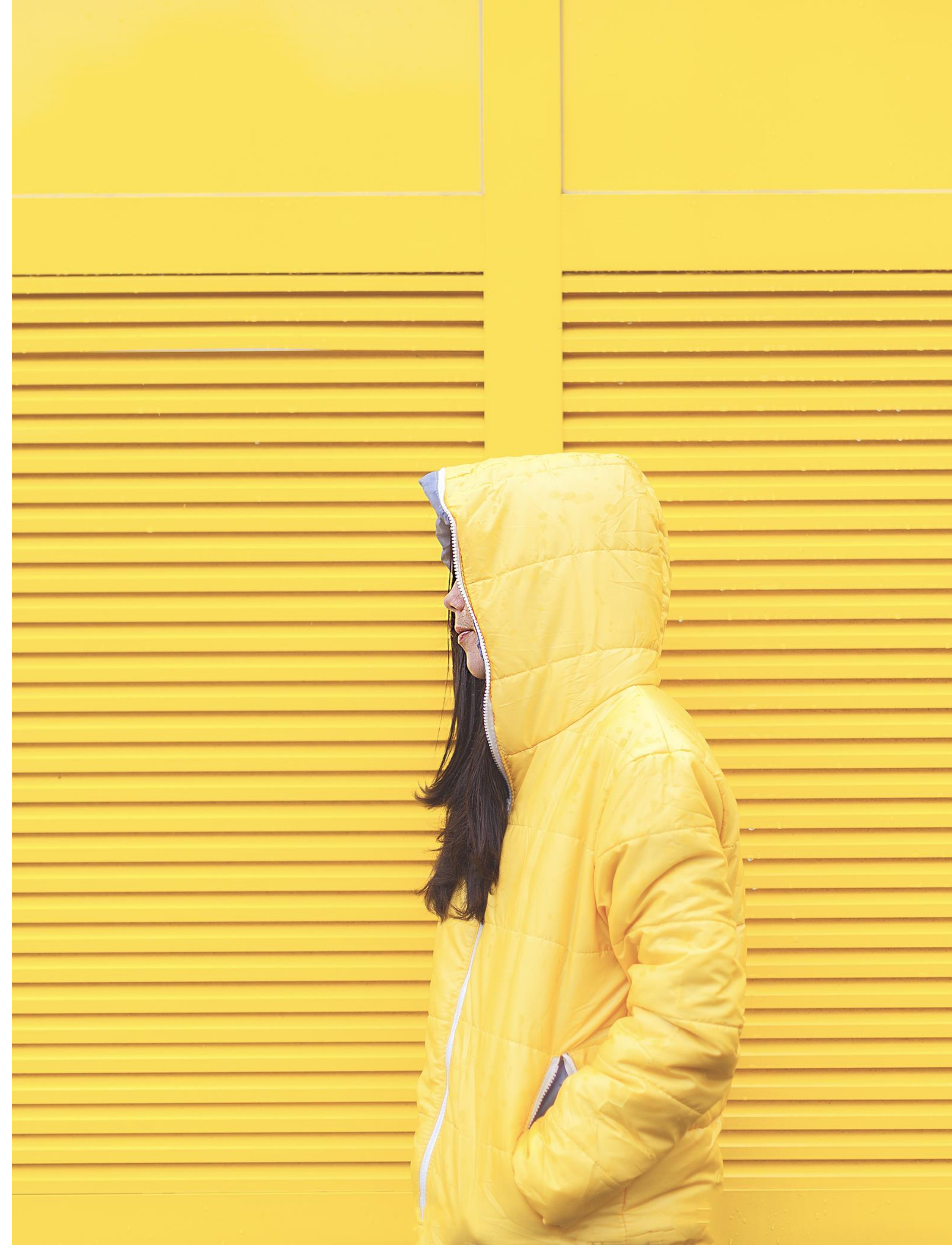
DEFINITION



***THE ANSWER TO STRESS IS TO
BELIEVE GOD WILL TAKE CARE
OF ME***

BIG IDEA

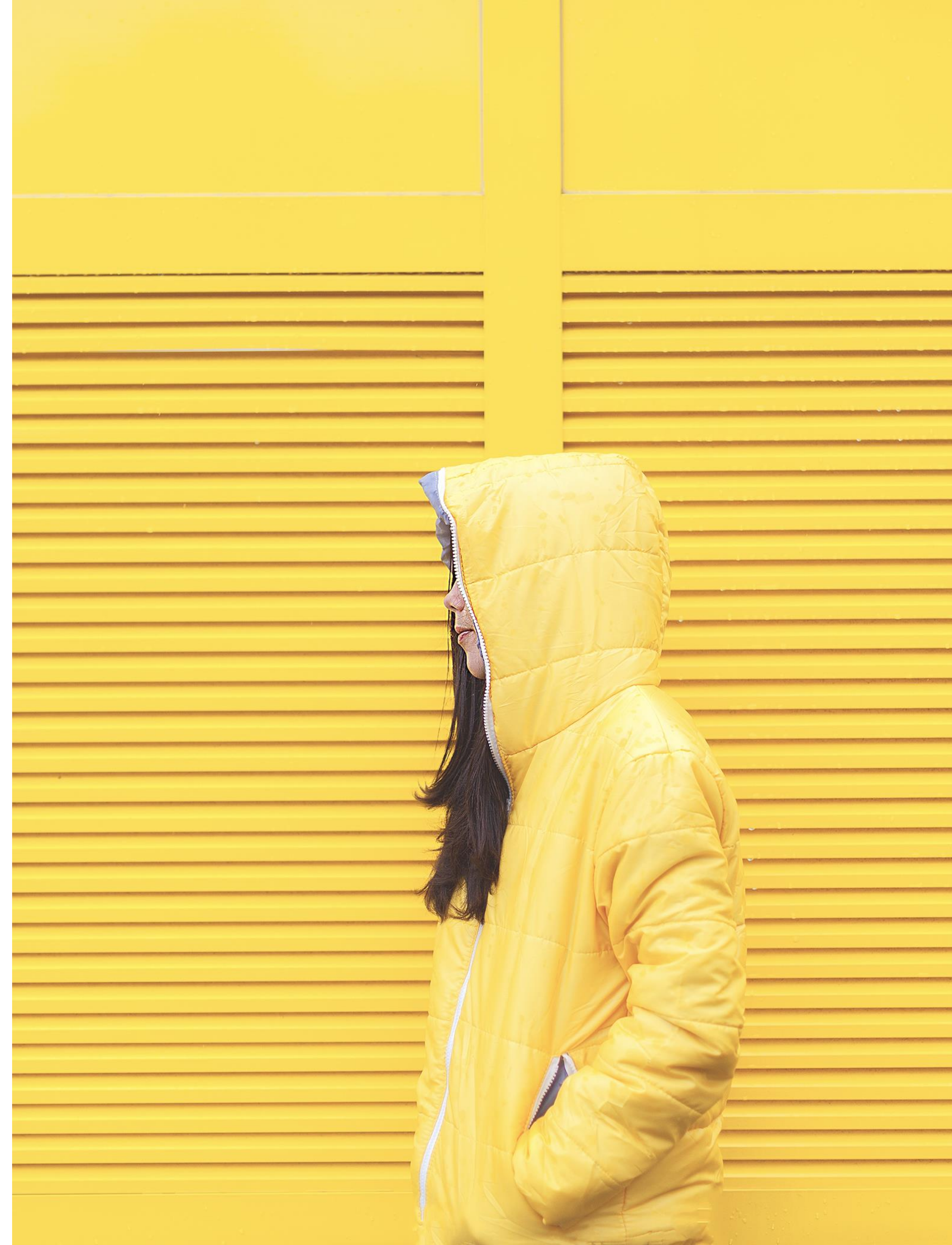
WORRY V.1
BUSYNESS V.2
DAMAGED EMOTIONS COUPLED WITH
INDECISION V.3
DARK VALLEYS V.4
YOUR HURT V.5
FEAR OF THE FUTURE V.6
SIX STRESSORS FROM PSALM 23



WORRY IS...

**UNHELPFUL
UNREASONABLE
UNHEALTHY**

THE STRESSOR OF WORRY



SINCE THE LORD IS MY SHEPHERD, THEN I SHALL NOT WANT. ACTUALLY THE WORD, WANT', AS USED HERE HAS A BROADER MEANING THAN MIGHT FIRST BE IMAGINED. NO DOUBT THE MAIN CONCEPT IS THAT OF NOT LACKING...BUT A SECOND EMPHASIS IS THE IDEA OF BEING UTTERLY CONTENTED IN THE GOOD SHEPHERDS CARE AND CONSEQUENTLY NOT CRAVING OR DESIRING ANYTHING MORE.'

PHILIP KELLER, A SHEPHERD LOOKS AT THE 23RD PSALM

BELIEVE GOD WILL TAKE CARE OF ME

GODS ANSWER TO WORRY

1. A shepherd **PROVIDES**
2. A shepherd **PROTECTS**
3. A shepherd **GUIDES**
4. A shepherd **CORRECTS**



ACCEPT HIM AS LORD

GODS ANSWER TO WORRY

¹⁴“I am the good shepherd; I know my own sheep, and they know me,...My sheep listen to my voice; I know them, and they follow me.

John 10:14, 27



YOU PRAY ABOUT EVERYTHING

GODS ANSWER TO WORRY

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



TAKE ONE DAY AT A TIME

GODS ANSWER TO WORRY

Matthew 6:34 "So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."



***WORRY, AND THE ANTIDOTE TO IT, IS
BELIEVING GOD WILL TAKE CARE OF ME,
DAILY, HOURLY EACH AND EVERY
MOMENT!***

R.JUTHMAN