

So Take It Easy

De-Stress: Psalm 23

January 17, 2018

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters. He restores my soul. He guides me in paths of righteousness for His name's sake. Psalms 23:1-3 (NIV)

How We Handle Our Stress?

Physical Activity	31%
Eat	18%
Rest	18%
Verbal Expressions	14%
Turn to God	9%
Other	10%

It is senseless for you to work so hard from early morning until late at night. . . God wants his loved ones to get their proper rest. Psalm 127:2 (NIV)

R_____

"Look at the birds of the air . . . Are you not much more valuable than they?" Matthew 6:26 (NIV)

I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. Psalms 139:14 (NIV)

E_____

...I have learned to be content whatever the circumstances. Philippians 4:11 (NIV)

Often goals setters will arrive one day:

W_____ & T_____ Syndrome

Key: _____

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength. Philippians 4:12-13 (NIV)

This is the day the LORD has made; be let us rejoice and glad in it. Psalms 118:24 (NIV)

S_____

"You have six days in which to do your work, but the seventh day is to be a day of rest dedicated to Me." Exodus 20:9-10 (GN)

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. Hebrews 4:9-11 (NIV)

T_____

"Come to Me, all of you who are weary and burdened, and I will give you rest." Matthew 11:28 (NIV)

"The _____ of a good man are ordered by the Lord as well as his _____."

George Mueller

How Does God Restore My Soul?

- By Removing My G_____ (past)

My guilt has overwhelmed me like a burden too heavy to bear.
Psalms 38:4 (NIV)

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 John 1:9 (NIV)

- By Removing My G_____ (hurts)

The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.
Psalms 19:8 (NIV)

- By Removing My G_____ (harboring feelings)

Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.
Romans 12:19 (NIV)

In my anguish I cried to the LORD, and He answered by setting me free.
Psalms 118:5 (NIV)

How Do I Walk In Paths of Righteousness?

- Admit My _____

We all, like sheep, have gone astray, each of us has turned to his own way...
Isaiah 53:6 (NIV)

- A_____ For and A_____ His Direction

"My sheep listen to My voice; I know them, and they follow Me."
John 10:27 (NIV)

- o B_____

- o P_____

- o C_____

- o C_____

- Act When I Don't _____

The LORD had said to Abram, "Leave your country, your people and your father's household and go to the land I will show you."
Genesis 12:1 (NIV)

"In the same way, let your light shine before men, that they may see your good deeds and praise your Father in Heaven."
Matthew 5:16 (NIV)