

III. SLEEP LIKE A BABY

“He makes me to lie down in green pastures;...” Psalm 23:2a

A. God is the source of great sleep.

“It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep.” Psalm 127:2

“I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.” Psalm 4:8

B. God stays awake and helps you while you sleep.

“I will lift up my eyes to the hills—From whence comes my help?”

2 My help comes from the LORD, Who made heaven and earth.

3 He will not allow your foot to be moved; He who keeps you will not slumber.” Psalm 121:1-3

IV. PRAY ABOUT EVERYTHING.

“...He leads me beside the still waters.” Psalm 23:2b

A. You can either panic or pray.

“6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7

B. Drop your anxiety on God.

“casting all your care upon Him, for He cares for you.” I Peter 5:7

“The LORD is my shepherd; I shall not want.

2 He makes me to lie down in green pastures; He leads me beside the still waters.” Psalm 23:1-2

STRESSBUSTERS

Busting The Stress Of Worry

Pastor Steve Reynolds

INTRODUCTION

A. Are you ready to bust your stress? In these tough times you long for a more peaceful life. Our Stressbusters teaching series will show you how to bust six forms of stress. This series will be based on the famous Psalm 23. This powerful Psalm, written by David, has given comfort to countless people.

“For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.”

II Corinthians 1:8

B. Watch this series and find the ultimate relief for the daily stresses of your life. The messages include:

TODAY	Busting The Stress Of Worry
May 17	Busting The Stress Of Damaged Emotions
May 24	Busting The Stress Of Indecision
May 31	Busting The Stress Of Dark Valleys
June 7	Busting The Stress Of Difficult Relationships
June 14	Busting The Stress Of The Future

C. **TEXT:** Psalm 23:1-2 (Pew Bible/Page 537/Old Testament)

The problems with worry:

- It's Unhelpful.
- It's Unreasonable.
- It's Unhealthy.

BUSTING THE STRESS OF WORRY

I. ACCEPT THE LORD JESUS AS YOUR SHEPHERD

“The LORD is my shepherd;...” Psalm 23:1a

The Lord can't be your shepherd until the shepherd is your Lord.

“14 I am the good shepherd; and I know My sheep, and am known by My own.

27 My sheep hear My voice, and I know them, and they follow Me.” John 10:14, 27

Jesus is your Lord when...

A. You know Jesus (10:14).

“that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” Romans 10:9

B. You listen to Jesus (10:27a).

“...blessed are those who hear the word of God and keep it!” Luke 11:28b

C. You obey Jesus (10:27b).

“Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.” Philippians 4:9

II. TRUST YOUR SHEPHERD TO CARE FOR YOU

“...I shall not want.” Psalm 23:1b

“He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry them in His bosom, And gently lead those who are with young.” Isaiah 40:11

A. What does a shepherd do?

34 But David said to Saul, “Your servant used to keep his father’s sheep, and when a lion or a bear came and took a lamb out of the flock,

35 I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and struck and killed it.

36 Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God.”

I Samuel 17:34-36

1. He provides.
2. He protects.
3. He guides.
4. He corrects.

B. What kind of shepherd is God?

1. He is the Good Shepherd.

“I am the good shepherd. The good shepherd gives His life for the sheep.” John 10:11

2. He is the Great Shepherd.

“Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, ...” Hebrews 13:20a

3. He is the Chief Shepherd.

“and when the Chief Shepherd appears, ...” I Peter 5:4a

C. What should be your response be to the Shepherd?

Trust Him to meet the needs in your life.

“And my God shall supply all your need according to His riches in glory by Christ Jesus.” Philippians 4:19