

STRESSBUSTERS 2009

**PART 1 - WORRY – Psalm 23:1
Chuck Larsen, January 4, 2009**

Psalm 23:1(ESV) A Psalm of David. The Lord is my shepherd; I shall not want.

THREE PROBLEMS WITH WORRY

1. IT'S _____

Ecclesiastes 2:22-23 (GN) You work and worry your way through life, and what do you have to show for it? As long as you live, everything you do brings nothing but worry and heartache. Even at night your mind can't rest. It is all useless.

2. IT'S _____

Luke 12:25(LB) And besides, what's the use of worrying? What good does it do? Will it add a single day to your life? Of course not!

3. IT'S _____

Psalm 37:8 (GN) Don't give in to worry or anger; it only leads to trouble.

Psalm 55:1-2 (GN) Hear my prayer, O God; don't turn away from my plea! Listen to me and answer me; I am worn out by my worries.

SINCE HE'S MY SHEPHERD I CAN...

1. TRUST HIM _____

Psalm 23:1 (GN) The Lord is my shepherd; I have everything I need.

(CEV) I will never be in need. **(TNIV)** I lack nothing.

Philippians 4:19(NIV) And my God will meet all your needs according to His glorious riches in Christ Jesus.

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2. TELL HIM _____

Philippians 4:6(NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Psalm 118:5 (CEV) When I was really hurting, I prayed to the Lord. He answered my prayer, and took my worries away.

3. TAKE _____

Matthew 6:34(NLT) So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 6:11(ESV) Give us this day our daily bread,

Matthew 6:33(NLT) Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.