

STRESSBUSTERS 2009

**PART 2 - WEARINESS – Psalm 23:2-3a
Chuck Larsen, January 11, 2009**

Psalm 23:2-3a(ESV) He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

Psalm 127:2(ESV) It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Psalm 127:2(NJB) In vain you get up earlier, and put off going to bed, sweating to make a living, since it is he who provides for his beloved as they sleep.

HOW TO RELAX!

1. _____ MY VALUE

Matthew 6:26(NLT) Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?

Psalm 49:15-16 (NIV) Can a mother forget the baby at her breast and have no compassion on the child she has born. Though she may forget, I will not forget you; see, I have engraved you on the palms of my hands. Your walls are ever before me.

2. _____ MY LIFE

Ecclesiastes 3:13(ESV) also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man.

Ecclesiastes 4:6(GNT) ...but it is better to have only a little, with peace of mind, than to be busy all the time with both hands, trying to catch the wind.

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3. _____ MY WORK HOURS

Ecclesiastes 10:15(GNT) Only someone too stupid to find his way home would wear himself out with work.

Mark 2:27(ESV) And he said to them, "The Sabbath was made for man, not man for the Sabbath.

4. _____ MY PRIORITIES

Ecclesiastes 4:4(ESV) Then I saw that all toil and all skill in work come from a man's envy of his neighbor. This also is vanity and a striving after wind.

Hebrews 13:5 (NIV) Keep your lives free from the love of money and be content with what you have, because God has said, never will I leave you, never will I forsake you.

Mark 8:36(NLT) And what do you benefit if you gain the whole world but lose your own soul?

5. _____ MY TOIL FOR GOD'S PEACE

Matthew 11:28-29(NLT) Then Jesus said, Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.