

GOD'S ANTIDOTE TO WORRY

'Stressbusters' – Part 1
Sunday 15th January, 2012

3 PROBLEMS WITH WORRY

IT IS _____ / _____ / _____

WHAT IS THE ANTIDOTE TO WORRY?

I. BELIEVE _____

'The Lord is my shepherd; I have everything I need.' Ps. 23:1

'God takes care of his people like a shepherd.' Isaiah 40:11

'My God will meet all your needs according to his glorious riches in Christ Jesus.' Philippians 4:19

II. ACCEPT _____

'The Lord is my shepherd...'

'Jesus said, "I am the good shepherd.....my sheep know me.....they listen to my voice, and they follow me." ' John 10:14,27

III. BEGIN _____

'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

'Cast all of your anxiety on him because he cares for you.' 1 Peter 5:7

IV. CONSIDER _____

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

'Give us today our daily bread.' Matthew 6:11

'Your heavenly Father already knows perfectly well what you need, and he will give them to you if you give him first place in your life and live as he wants you to.' Matthew 6:32b -33

PSALM 23 (NIV)

¹The Lord is my shepherd, I shall not be in want.

²He makes me lie down in green pastures,
He leads me beside quiet waters,

³He restores my soul.
He guides me in paths of righteousness
for his name's sake.

⁴Even though I walk through the valley
of the shadow of death, I will fear no evil,
for you are with me;
your rod and your staff, they comfort me.

⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil; my cup overflows.
⁶Surely goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
for ever.
