

SERENITY / PSALM 23
Finding Calm In Life's Chaos

HIS PEACE FOR LIFE'S STRESS

Psalm 23:2

Psalm 23:2 (NIV) *He makes me lie down in green pastures,
He leads me beside quiet waters.*

PREMISE of the PROMISE: "The Lord is my shepherd..."
JEHOVAH SHALOM: The Lord Is Our Peace (Judges 6:24)

SOURCES OF OUR STRESS:

Health ♦ Finances ♦ Family ♦ Career ♦ Future

◀ FINDING PEACE IN THE FACE OF STRESS ▶

1. _____ our value to the Lord.

James 1:18 (GW) *God decided to give us life...to make us his most important creatures (NLT: "His prized possession").*

Isaiah 49:15b-16a (NIV) *I will not forget you. See, I have engraved you on the palms of my hands.*

2. _____ what we already have.

Ecclesiastes 4:6 (CEV) *A very little food eaten in peace is better than twice as much earned from overwork and chasing the wind.*

Philippians 4:12-13 (NIV) *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.*

3. _____ our work to reasonable levels.

Exodus 20:9-10 (NLT2) *You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.*

♦ REST our BODY ♦ RECHARGE our EMOTIONS ♦ REFOCUS our SPIRIT

Proverbs 14:30 (NIV) *A heart at peace gives life to the body.*

4. _____ our values with an eternal view.

Mark 8:36-37 (CEV) *What will you gain, if you own the whole world but destroy yourself? What could you give to get back your soul?*

Luke 12:23 (NLT) *Life is more than food, and your body more than clothing.*

5. _____ our anxiety for His peace.

Matthew 11:28-30 (NCV) *Come to me, all of you who are tired and have heavy loads and I will give you rest.*

John 16:33 (NLT2) *I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.*

What is the primary stress in my life? How will I overcome it?

SORROW looks back...**WORRY** looks around...but **FAITH** looks up.

VIDEO:

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