

GOD'S ANTIDOTE FOR WORRY
PSALMS 23 / 12-2-20 / WED

I. THERE ARE FOUR PROBLEMS WITH WORRY.

- A. First, worry is unhelpful because it never accomplishes anything.
- B. Second, worry is unreasonable because it exaggerates your problems.
- C. Third, worry is unhealthy because our bodies were not made for worry.
- D. Fourth, worry is unnatural because we weren't created to worry.

II. WHAT'S GOD'S ANTIDOTE FOR WORRY?

- A. The answer is to believe that God will take care of you.
- B. How can we make God our shepherd?
 - 1. First, we make God our shepherd when we make him our Lord.
 - 2. Second, we make God our shepherd by praying about everything.
 - 3. Third, we make God our shepherd when we live one day at a time—Matt. 6:34; Matt. 6:11.