

## GOD'S STRESSBUSTERS

Psalms 23

July 8, 2007 Sunday a.m.

### INTRODUCTION

- A. In an issue of the AARP Bulletin, readers were asked to respond to the question: What's your strategy for coping with stress? The answers ranged from "eat a chocolate chip cookie" to "have a stiff drink." But Don Betz of Oakdale, Minnesota, offered his own unique solution. Every January 1st, Betz says, "I give my wife \$1, and she worries about everything for both of us."

*"Sound Off," AARP Bulletin (March 2005);*

- B. Today we begin a series of messages on the seven greatest sources of stress. They are all found in Psalms 23. So are God's antidotes for them.
- C. The first cause of stress found in this psalm is worry. We all have our pet worries-finance, jobs, relationships, marriage, kids, health, etc.

### I. THERE ARE FOUR PROBLEMS WITH WORRY.

- A. First, worry is unhelpful because it never accomplishes anything.
1. Its stewing without doing.
  2. Its like a rocking chair. It gives you something to do, but never gets you anywhere.
- B. Second, worry is unreasonable because it exaggerates your problems and makes them seem bigger than they really are.
- C. Third, worry is unhealthy because our bodies were not made for worry. It can cause ulcers, backaches, headaches, and insomnia.
- D. Fourth, worry is unnatural because you weren't created to worry.
1. Plants and animals don't worry, only people.
  2. You weren't born worrying, you had to learn it.

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

- A. The answer is to believe that God will take care of you.
1. This is what King David says in v. 1. "I shall not be in want."
  2. David says that God takes care of us the way a shepherd takes care of his sheep. How is that?
    - a. A shepherd provides—food, shelter, and other basics.
    - b. A shepherd protects—defends against enemies.
    - c. A shepherd guides—leads them when confused or lost.
    - d. A shepherd corrects—any problems that come along.
- B. How can we make God our shepherd?
1. First, we make God our shepherd when we make him our Lord.
    - a. This is what David says in verse one—"Lord".
    - b. The Lord can't be your shepherd until the shepherd is your Lord.
    - c. What does making God our shepherd mean? It means he is in control of our lives.
    - d. This means three things according to Jesus in John 10:14 & 27.
      - i. Its means you "know" Jesus.-v.14.
      - ii. Its means you "listen" to Jesus-v.27a.
      - iii. Its means you "follow" Jesus-v.27b.
    - e. You see, worry is a control issue. The root behind it is the fear that you are not in control.
    - f. There are only two choices of who is in control. Either you are or God is and you can't have it both ways. If you are in control that means you are playing God and you have plenty to worry about.
  2. Second, we make God our shepherd by praying about everything.
    - a. This means praying about the stuff you usually worry about--Philippians 4:6.
    - b. Worry doesn't change anything, but prayer does.
    - c. You have two options when you worry, either you can panic or you can pray.

3. Third, we make God our shepherd when we live one day at a time—Matthew 6:34.
  - a. Jesus is saying don't open your umbrella until it starts to rain.
  - b. Today is the tomorrow that your worried about yesterday.
  - c. Overcoming worry is a day to day choice—Matthew 6:11.

## **CONCLUSION**

- A. What are you worried about?
- B. God's antidote is to believe that he will take care of you. How?
  1. Accept Jesus as the Lord of your life. Remember, the Lord can't be your shepherd, until the shepherd is your Lord.
  2. Pray instead of panicking.
  3. Live one day at a time.