

GOD'S ANTIDOTE TO MY ANXIETY

OVERWHELMED: PART 1

April 19, 2020 | Pastor Brian

Psalm 23:1–6 (NKJV)

¹The LORD is my shepherd; I shall not want.

²He makes me to lie down in green pastures;
He leads me beside the still waters.

³He restores my soul;

He leads me in the paths of righteousness for His name's sake.

⁴Yea, 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 runs over.

⁶Surely goodness and mercy shall follow me all the days of my life;
And I will dwell in the house of the LORD Forever.

THE PROBLEM WITH WORRY

- It's UNHELPFUL.
- It's UNREASONABLE.
- It's UNHEALTHY.

THE ANTIDOTE TO ANXIETY

1. LET JESUS BECOME MY SHEPHERD.

"The LORD is MY shepherd..." (Psalm 23:1, GNB)

"I am the good shepherd; I know my sheep and my sheep know me...My sheep listen to my voice; I know them, and they follow me." (John 10:14, 27, NIV)

3 Signs I'm Part of His Flock

- KNOW Him.
- LISTEN to Him.
- FOLLOW Him.

What the Good Shepherd Does

- He **PROVIDES**.
“Abraham named the place Yahweh-Yireh (which means “the LORD will provide”). To this day, people still use that name as a proverb: “On the mountain of the LORD it will be provided.”” (Genesis 22:14, NLT)
- He **PROTECTS**.
“The LORD himself watches over you! The LORD stands beside you as your protective shade.” (Psalm 121:5, NLT)
- He **GUIDES**.
“The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.” (Psalm 32:8, NLT)
- He **CORRECTS**.
“The Lord corrects the people he loves and disciplines those he calls his own.”” (Hebrews 12:6, CEV)

ACTION STEP:

1st Base Online

2. LIFT EVERY CARE IN PRAYER.

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:6–7, NLT)

“Give all your worries and cares to God, for he cares about you.” (1 Peter 5:7, NLT)

ACTION STEP:

2nd Base Online

Monday Devotionals

“He takes care of his people like a shepherd.” (Isaiah 40:11a, NCV)

3. LIVE ONE DAY AT A TIME.

“Give us today our daily bread.” (Matthew 6:11, NIV)

“So don’t worry at all about having enough food and clothing. Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father already knows perfectly well that you need them, and he will give them to you if you give him first place in your life and live as he wants you to. So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (Matthew 6:31–34, The Living Bible)

ACTION STEPS:

Begin every day with the Shepherd.

Memorize the 23rd Psalm

Pray it each morning.