

Physical Health

Jim Bricker

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Peace of mind makes the body healthy.

Proverbs 14:30a GNT

A relaxed attitude lengthens a man's life.

Proverbs 14:30a TLB

PSALM 23

1. Look To God To Meet All My Needs.

The LORD is my shepherd; I have everything I need.

Psalms 23:1 GNT

2. Listen To His Word.

He makes me lie down.

Psalms 23:2a ESV

“Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest.”

Exodus 34:21 ESV

3. Recharge My Soul.

He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

Psalms 23:2-3a NIV

4. Go To God For Guidance.

He leads me along the right paths for His name's sake.

Psalms 23:3b HCSB

5. Trust The Lord In The Dark Valleys.

Even 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.

Psalms 23:4 NIV

6. Let God Be My Defender.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Psalms 23:5 NIV

7. Expect Jesus To Finish What He Starts In Me.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Psalms 23:6 KJV

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30 NRSV

Weekend Music:

King Of All The Earth (Bryan Torwalt) • Buid My Life (Pat Barrett)
Be Enthroned (Brian Johnson)