

**SUNDAY MORNING MESSAGE 04/10/16**  
**SERIES: TRANSFORMED – WEEK#2: PHYSICAL HEALTH**

**COMMON STRESSORS: 1. Worry 2. Hurried 3. Choices 4. Fear 5. Opposition**

*The LORD is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name's sake. 4 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. 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever. **Psalm 23:1-6 (ESV)***

***Psalm 23:1** The LORD is my shepherd; I shall not want.*

## **1. TRUST THAT GOD IS ENOUGH**

***Psalm 23:2** He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul.*

## **2. TRUST THAT GOD CAN HANDLE IT, WHILE YOU REST**

***Proverbs 3:5-6 (ESV)** 5 Trust in the LORD with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.*

***Psalm 23:3b** He leads me in paths of righteousness for his name's sake.*

***James 1:5-6 (ESV)** If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. 6 But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.*

## **3. TRUST THAT GOD'S WAY IS THE BEST WAY, ALWAYS.**

***Psalm 23:4** 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.*

We overcome "**What if...**" with "**God is...**"

## **4. TRUST THAT GOD IS PRESENT, YOUR PROTECTOR, & YOUR RESCUER**

***Psalm 23:5** You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.*

## **5. TRUST THAT NOTHING CAN LIMIT GOD**

***Matthew 19:26 (ESV)** But Jesus looked at them and said, "With man this is impossible, but with God all things are possible."*

***Psalm 23:6** Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.*