

# Psalm 23: God's Peace in Stressful Times

## God's Way to R.E.L.A.X.

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### UNWIND GOD'S WAY

**Memory Verse:** *"He makes me to lie down in green pastures; He leads me beside the still waters."* **Psalm 23:2 (NKJV)**

*"He lets me rest in the meadow grass and leads me beside the quiet streams. He gives me new strength. He helps me do what honors him the most."*

**Psalm 23:2 (LB)**

THESE IMAGES REPRESENT \_\_\_\_\_ AND \_\_\_\_\_.

### GOD'S WAY TO R.E.L.A.X.

- \_\_\_\_\_ **MY WORTH**

*"God decided to give us life through the word of truth so we might be the most important of all the things he made."* **James 1:18 (NCV)**

*"Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth much more than the birds."* **Matthew 6:26 (NCV)**

- \_\_\_\_\_ **WHAT I ALREADY HAVE**

*"Perhaps so, but it is better to have only a little, with peace of mind, than to be busy all the time with both hands, trying to catch the wind."*

**Ecclesiastes 4:6 (GNB)**

- \_\_\_\_\_ **MY LABOR**

*"It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest."* **Psalm 127:2 (LB)**

*"Only someone too stupid to find his way home would wear himself out with work."* **Ecclesiastes 10:15 (GNB)**

*"You have six days in which to do your work, but the seventh day is a day of rest dedicated to me..."* **Exodus 20:9-10 (GNB)**

**"SABBATH" MEANS: A DAY OF \_\_\_\_\_**

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath."* **Mark 2:27 (NIV)**

- \_\_\_\_\_ **MY VALUES**

*"I have also learnt why people work so hard to succeed: it is because they envy their neighbors. But it is useless. It is like chasing the wind."*

**Ecclesiastes 4:4 (GNB)**

*"What good is it for someone to gain the whole world, yet forfeit their soul?"*  
**Mark 8:36 (NIV)**

• \_\_\_\_\_ **MY PRESSURE FOR GOD'S PEACE**

*"Come to me, all you who are weary and burdened, 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."*

**Matthew 11:28-29 (NIV)**

**BECAUSE THE LORD IS MY SHEPARD I WILL \_\_\_\_\_ IN HIM.**

**My Next Steps Today:**

- ✓ I will memorize Psalm 23:1 (NIV)
- ✓ I am accepting Christ for the first time
- ✓ I am recommitting my life to God
- ✓ I want to Join the New Life Church Family
- ✓ I will let God be my boss
- ✓ I will watch the rest of the sermon series online

Join us next week online as we continue our new sermon series:

**Psalm 23: God's Peace in Stressful Times-  
What to Do When You Get Your Feelings Hurt**

Join us on our Prayer Line by calling (480)660-2242.

Enter access code, 1919#. The prayer line is open daily from 6am-7am CST.

You may honor God with your tithes and offerings by visiting our website, [www.newlifeestl.org](http://www.newlifeestl.org) and clicking on the "GIVING" link.