

GOD'S ANTIDOTE TO WORRY

Psalm 23 (NIV) The Lord is my shepherd, I lack nothing.

Today we are focusing our attention on **God's Antidote to Worrying.**

Jesus said, *"Don't ever worry about tomorrow. After all, tomorrow will worry about itself. Each day has enough trouble of its own."* **Matthew 6:34 (GW)**

Worrying is UNHELPFUL, UNREASONABLE and UNHEALTHY.

Unhelpful: *Worrying cannot change the past nor control the future. Worrying only makes us miserable today.*

Unreasonable: *Worrying makes our problems seem worse than they actually are.*

Unhealthy: *Constant worrying and anxiety can lead to headaches, insomnia, depression, fatigue, and muscle aches and pains.*

Worry and anxiety suffocate our hope and our strength.

What is God's antidote to worry?

ANTIDOTE

- **Trust God to take care of us in our time of need or adversity.**

Psalms 23:1 (NLT) The Lord is my shepherd; I have everything I need.

A SHEPHERD

Provides the basic necessities of life - food and shelter.

Protects against harm and danger from predators.

Guides those who are confused and who have lost their way.

Corrects negative and undisciplined behaviour.

Isaiah 40:11a (NCV) God takes care of His people like a shepherd...

Philippians 4:19 (PH) My God will supply all that you need from His glorious resources in Christ Jesus.

There is a difference between our needs and our wants.

Worry is unnecessary if God is our Shepherd.

- God is not the Shepherd of everyone.
- God the Father cannot be our Shepherd until He is our Lord.

Psalms 23:1 (NLT) The Lord is my shepherd.

Hebrew word for Lord is **Adon**. Greek word is **Kyrios**. Both mean “**supreme in authority, the master - the one who is in control.**”

*John 3:16 (NIV) For God so loved the world that He gave His one and only Son, that **whoever believes in Him shall not perish but have eternal life.***

*John 10:14; 27 (NIV) Jesus said, “I am the good **shepherd** ... my sheep **know me** ... they **listen** to my voice, and they **follow me.**”*

What does it mean for Jesus to be our Lord?

We **know** Him, we **listen** to Him, and we **follow** Him. He is in control!

Worry is a CONTROL issue.

Behind all of our worry is a fear that we are not in control.

WHO is in control of your life?

- **Fear** and **worry** put our circumstances between us and Jesus.
- **Faith** and **trust** in Jesus put Jesus between us and our circumstances.

We cannot control the outer world, but we can control our inner world.

Worry doesn't change anything, but PRAYER does!

Philippians 4:6 (AMP) Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.

If it's big enough to worry about then it's big enough to pray about!

Jesus' ABILITY to help us is greater than our anxiety.

1 Peter 5:7 (AMP) Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

To **CAST** means to throw something forcefully. Throw your cares upon Jesus through prayer.

LIVE one day at a time.

Matthew 6:34 (TLB) "So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."

Overcoming worry is a day-to-day choice.

A spiritual principal to follow to relieve our anxiety and stress is to,

Trust in Jesus as our Shepherd to provide, protect, guide and to comfort us?

Who is in control of your life?

If God's in control, it's His problem and He can handle it.

Psalms 23 is about a relationship with God – our Shepherd!

We all need a Shepherd - someone who provides, protects, guides, comforts and corrects.

God wants that relationship with you. He knows all about you, but He also wants you to know Him.

That's why He sent Jesus Christ.

John 3:16 (NIV) For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

Ask Jesus Christ to become your Lord and Shepherd, as He promised to be.

Jesus loves you and He cares about you and He can help you.

Would you be prepared today to ask Jesus to be the Lord of your life?