



Too Blessed to be Stressed

Psalm 23:2

Main Idea: When life gets stressed, submit to the Shepherd and you will be blessed.

1. The Shepherd leads you to rest.

- He wants you to rest.
- He may force you to rest.

2. The Shepherd leaves you refreshed.

- Stay away from waters that can take your life.
- Seek the water that gives life.

3. The Shepherd lives to see you restored.

- Recognize your worth to Him.
- Return when you wander from Him.

PSALM 23 (English Standard Version)

1 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.