

# **WELCOME TO WORSHIP!**

New Life Church

January 17, 2021

## **Experiencing Hope Together In Psalms!**

Message 1 – Psalm 23, NKJV

### **SEVEN STRESS – BUSTERS!**

( Seven Principles to help you lower the stress levels in your life)

THE CURE FOR WORRY – ***The Lord is my shepherd; I shall not want (lack), vs 1***

What does the Shepherd do for His sheep?

- He Provides.
- He Protects.
- He Guides.
- He Corrects.

THE CURE FOR BUSYNESS – ***He makes me to lie down in green pastures, He leads me beside the still waters, vs 2***

THE CURE FOR DAMAGED EMOTIONS – ***He restores my soul, vs 3a***

- Let God remove your guilt.
- Let God relieve your grief.
- Let God replace your grudge.

THE CURE FOR INDECISIONS – ***He leads me in the paths of righteousness for His name's sake, vs 3b***

- We need to admit we need a guide.
- We need to ask in faith for directions.
- We need to listen for God's voice.
- We need to trust God when we do not understand.

THE CURE FOR DARK VALLEYS – ***Yea, 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, vs 4***

- Refuse to be discouraged.
- Remember God is with you.
- Rely on His protection and provision.

THE CURE FOR PERSECUTION – ***You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over, vs 5***

- Let Jesus settle the score.
- Let Jesus soothe your wounds.
- Let Jesus satisfy your needs.

THE CURE FOR FEARING THE FUTURE – ***Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord Forever, vs 6***

- God's Goodness is watching over you!
- God's Mercy is working in you!
- God's Heaven is waiting for you!

**NLC'S VERSE FOR 2021:**

Now may the God of hope fill you with all joy and peace in believing,  
that you may abound in hope by the power of the Holy Spirit.

*Romans 15:13, NKJV*