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# STRESS BUSTERS

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40 DAYS WITH THE SHEPHERD

## The Secret to Fulfillment

*"The Lord is my Shepherd, I shall not be in want."* Psalm 23:1

### Psalm 23

*The LORD is my shepherd, I shall not be in want.  
He makes me lie down in green pastures,  
he leads me beside quiet waters, he restores my soul.  
He guides me in paths of righteousness for his name's sake.  
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.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.  
Surely goodness and love will follow me all the days of my life,  
and I will dwell in the house of the LORD forever.*

### ***"The LORD is my shepherd"***

When you call God Lord you are recognizing that God

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### ***"The LORD is my shepherd"***

What does a shepherd do?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Before the Lord can be your Shepherd,  
the Shepherd must be your Lord!*

***"I shall not be in want"***

Stress is the result of \_\_\_\_\_

When the Lord is my Shepherd I will never lack God's:

- Life "He leads me to green pastures"
- Peace "He restores my soul"
- Guidance "He guides me in paths of righteousness"
- Presence "I will fear no evil for you are with me"
- Joy "My cup overflows"

The secret to fulfillment is making Jesus \_\_\_\_\_

### **Making the Shepherd your Lord**

*John 10:14, 27*

*"I am the good shepherd; I know my sheep and my sheep know me...My sheep listen to my voice; I know them, and they follow me."*

1. \_\_\_\_\_ Jesus
2. \_\_\_\_\_ Jesus
3. \_\_\_\_\_ Jesus

**How to know, recognize and follow Jesus**

- Sunday Messages
- Daily Devotional Book
- Weekly Small Groups

**Taking the Right First Step: Make a \_\_\_\_\_**

**What's Coming...**

Next Week : *The Secret to Balance*

Week 3: *The Secret to Peace*

Week 4: *The Secret to Success*

Week 5: *The Secret to Courage*

Week 6: *The Secret to Joy and Confidence*