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# STRESS BUSTERS

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40 DAYS WITH THE SHEPHERD

## The Secret to Balance

*"He makes me lie down in green pastures,  
he leads me beside quiet waters." Psalm 23:2*

To reduce stress and have a life that overflows with goodness  
and love...

**Step 1:** Make a commitment to the Lord as your Shepherd

**Step 2:** Lie down in green pastures

## God's Way of Making Us Lie Down

We lie down in God's green pastures when we take...

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*"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work...For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."*

*Exodus 20:8-11*

1. One purpose of a Sabbath is to refocus on God and...

\_\_\_\_\_ God's life

2. How to take a Sabbath

**R**\_\_\_\_\_ - No work

**E**\_\_\_\_\_

**S**\_\_\_\_\_ - Plan ahead

**T**\_\_\_\_\_ with God

# God's Way of Leading us to Quiet Waters

*"Whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."*

*John 4:14*

1. How do we drink from the Living Water? By having a...

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*"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.*

*Whatever he does prospers."*

*Psalms 1:1-3*

2. The Benefits: 2 Timothy 3:16

- *"All Scripture is God breathed... We tap into God's \_\_\_\_\_*
- *"and is useful for teaching... We gain \_\_\_\_\_*
- *"rebuking... We gain \_\_\_\_\_*
- *"correcting... We gain \_\_\_\_\_*
- *"and training in righteousness, so that every good man (and woman) of God may be thoroughly equipped for every good work." We are anchored and equipped to serve.*

3. Tips for following the Shepherd to quiet waters:

- Establish your priorities
- Be creative
- Use devotional resources
- Make a commitment

Step 2: \_\_\_\_\_ to God's ways for keeping balance in our lives.

**Coming Next Week**

*The Way to Peace*