



THE JOURNEY (Part 3)

Psalm 23:1-6

1 The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 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. 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.

Quote:

"I've lived through some terrible things in my life, some of which actually happened."

— Mark Twain

WHAT IS THE ANSWER TO NOT LETTING ANXIETY RULE MY LIFE?

1. Jesus knows the _____ I _____.

Psalm 22:1-2

1 My God, My God, why have You forsaken Me? Why are You so far from helping Me, and from the words of My groaning? 2 O My God, I cry in the daytime, but You do not hear; and in the night season, and am not silent.

WHAT IS THE ANSWER TO NOT LETTING ANXIETY RULE MY LIFE?

2. I must _____ what I _____.

Psalm 22:3-5

3 But You are holy, Enthroned in the praises of Israel. 4 Our fathers trusted in You; They trusted, and You delivered them. 5 They cried to You, and were delivered; They trusted in You, and were not ashamed.

WHAT IS THE ANSWER TO NOT LETTING ANXIETY RULE MY LIFE?

3. I must _____ of what I _____.

Psalm 22:19-23

19 But You, O Lord, do not be far from Me; O My Strength, hasten to help Me! 20 Deliver Me from the sword, My precious life from the power of the dog. 21 Save Me from the lion's mouth And from the horns of the wild oxen! You have answered Me. 22 I will declare Your name to My brethren; In the midst of the assembly I will praise You. 23 You who fear the Lord, praise Him! All you descendants of Jacob, glorify Him, and fear Him, all you offspring of Israel!

WHAT IS THE ANSWER TO NOT LETTING ANXIETY RULE MY LIFE?

4. I must _____ that God will _____ what _____.

Psalm 22:27-28

27 All the ends of the world shall remember and turn to the Lord, and all the families of the nations shall worship before You. 28 For the kingdom is the Lord's, and He rules over the nations.

Psalm 22:30-31

30 A posterity shall serve Him. It will be recounted of the Lord to the next generation, 31 They will come and declare His righteousness to a people who will be born, that He has done this.

Believe that God will control what happens

HOW DO I TURN EVERYTHING OVER TO GOD IN MY JOURNEY?

1. Let God _____ of your journey.

Psalm 23:1-3

1 The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness for His name's sake.

HOW DO I TURN EVERYTHING OVER TO GOD IN MY JOURNEY?

2. God helps me when I feel the _____ of certain _____.

Psalm 23:4

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.

HOW DO I TURN EVERYTHING OVER TO GOD IN MY JOURNEY?

3. In the midst of _____, know God will take _____ of me.

Psalm 23:5

You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.

Psalm 55:22

Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.

HOW DO I TURN EVERYTHING OVER TO GOD IN MY JOURNEY?

4. Know the _____ of God is there as He leads us to _____ our journey.

Psalm 23:6

Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord forever.

Psalm 91:11

For He shall give His angels charge over you, to keep you in all your ways.

The LORD is Jehovah God, Yahweh, the covenant-making God of Israel. The compound names of Yahweh in the Old Testament reflect the contents of this Psalm:

- I shall not want—Yahweh-Jireh, “The-LORD-Will-Provide”
- still waters—Yahweh-Shalom, “The-LORD-Is-Peace”
- restores my soul—Yahweh-Rapha, “the LORD who heals”
- paths of righteousness—Yahweh-Tsidqenu, “THE LORD OUR RIGHTEOUSNESS”
- You are with me—Yahweh-Shammah, “THE LORD IS THERE”
- in the presence of my enemies—Yahweh-nissi, “The-LORD-Is-My-Banner”
- anoint my head—Yahweh-M’Qadash, “the LORD who sanctifies you”

Conclusion:

Let _____ arise in you today!

Promote faith and trust in _____ all through your journey!

Reflection:

1. How are you allowing the Lord and His Word to help you with your anxiety?
2. The battle is not ours, it is the Lord's. Cast your burden upon Him.