



40 *days of*
Prayer

Psalm 23:1-6

1 The LORD is my shepherd, I lack nothing.
2 He makes me lie down in green pastures,
he leads me beside quiet waters,
3 he refreshes my soul.
He guides me along the right paths
for his name's sake.
4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

Psalm 23:1-6

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

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.

7 Main Causes of Stress

1. Worry

7 Main Causes of Stress

2. Hurry

7 Main Causes of Stress

3. Crowds

7 Main Causes of Stress

4. More Choices

7 Main Causes of Stress

5. Loss

7 Main Causes of Stress

6. Pluralism

7 Main Causes of Stress

7. Fear of the Future

7 Antidotes For To Beat Stress

**1. Look to God to
Meet All of my Needs**

Psalm 23:1

1 The LORD is my shepherd, I lack nothing.

7 Antidotes For To Beat Stress

2. Obey God's Instructions about Rest

Psalm 23:2

**2 He makes me lie down in green pastures,
he leads me beside quiet waters,**

7 Antidotes For To Beat Stress

3. Recharge My Soul with Beauty

Psalm 23:3

**3 he refreshes my soul.
He guides me along the right paths
for his name's sake.**

7 Antidotes For To Beat Stress

4. Go to God for Guidance

Psalm 23:3

**3 he refreshes my soul.
He guides me along the right paths
for his name's sake.**

7 Antidotes For To Beat Stress

5. I Trust God in the Dark Valleys

Psalm 23:4

**4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

7 Antidotes For To Beat Stress

6. Let God Be My Defender

Psalm 23:5

**5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.**

7 Antidotes For To Beat Stress

**7. Expect God to Finish
What He Starts in Me**

Psalm 23:6

**6 Surely your goodness and love will follow
me all the days of my life,
and I will dwell in the house of the LORD
forever.**

