



# Be Still

MY ANXIOUS HEART

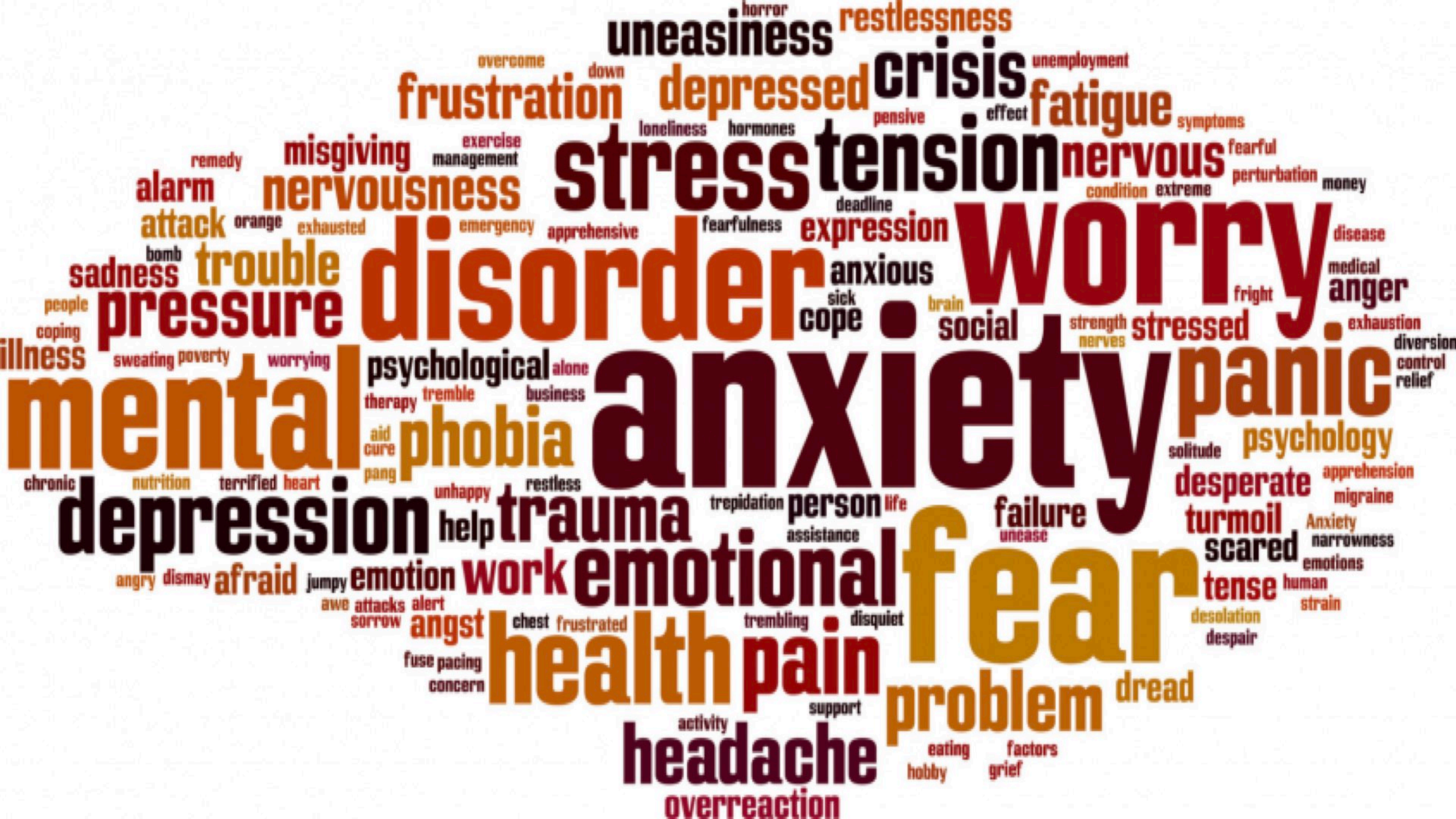
**Gallup Research:**

**Eight in 10 Americans Afflicted by Stress**

## **Gallup Research:**

### **Eight in 10 Americans Afflicted by Stress**

**79% of Americans feel stress during their day while just 17% say they rarely feel stressed, while 4% say they never do.**



## **Psalm 23**

**The Lord is my shepherd, I lack nothing.**

**He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.**

**He guides me along the right paths  
for his name's sake.  
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.**

**You prepare a table before me  
in the presence of my enemies.**

**You anoint my head with oil;  
my cup overflows.**

**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.**



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## Psalm 23

The LORD is my shepherd, I lack nothing.

He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.

➤ Know who your Shepherd is – The LORD

## **Genesis 48:15-16**

**Then he blessed Joseph and said,**

**"God before whom my fathers Abraham and Isaac walked, the God who has been my shepherd all my life to this day."**

## **John 10:11-15**

**“I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep ... I am the good shepherd; I know my sheep and my sheep know me— just as the Father knows me and I know the Father—and I lay down my life for the sheep.”**

## Psalm 23

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.

➤ Know what your shepherd does - Provides

**He guides me along the right paths  
for his name's sake.**

**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.**

**➤ Know what your shepherd does – Protects**

You prepare a table before me  
in the presence of my enemies.

You anoint my head with oil;  
my cup overflows.

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.

➤ Know that your shepherd – Treasures you

## Deuteronomy 7:6

**The LORD your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.**



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**Isaiah 40:11**

**He shall feed His flock like a Shepherd**

**He shall gather the lambs in His arms**

**And carry them in His bosom**

**And shall gently lead those that are with  
young**



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## **Hebrews 13:20-21**

**Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.**