

GOD'S ANTIDOTE FOR DARK VALLEYS

"I will fear or dread no evil, for you are with me; your rod to protect and your staff to guide, they comfort me." (Psalm 23:4 AB)

Three things to do when going through valleys

1. Refuse to be discouraged
God will strengthen you with his own great power so that you will not give up when troubles come, but you will be patient.
(Colossian 1:11 NCV)
2. Remember that God is with you
'When you go through deep water and great trouble, I will be with you.' (Isaiah 43:2 LB)
"And be sure of this: I am with you always, even to the end of the age." (Matthew 28:20 NLT)
3. Rely on God's protection and guidance

Shadows are always bigger than the reality
Shadows cannot hurt you
There is no shadow without a light – somewhere...

Look for the light when confronted by shadows:
"I am the light of the world" (John 9:5)

When walking through life's valleys - look for the light of Jesus

June 15, 2008

GOD'S ANTIDOTE FOR HURTS

Five things *not* to do when you hurt

1. Don't ignore it
2. Don't run from it
3. Don't hide your hurt
4. Don't worry about it
5. Don't resent it

Three things to get beyond the hurt

1. Let Jesus settle the score
"You prepare a table before me in the presence of my enemies" (Psalm 23:5 NRSV)
Romans 12:17
Forgiveness isn't saying it didn't hurt; forgiveness is giving it to God and letting God deal with it.
2. Let Jesus soothe the wound
"You anoint my head with oil" (Psalm 23:5 NRSV)
Psalm 147:3
3. Let Jesus satisfy your needs
"...my cup overflows" (Psalm 23:5 NRSV)
Hope - *Romans 15:13*
Love - *1 Thessalonians 3:12*
Joy - *John 16:24*

June 22, 2008

GOD'S ANTIDOTE FOR

FEARING THE FUTURE

Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever. (Psalm 23:6 NKJV)

We can be confident about the future because:

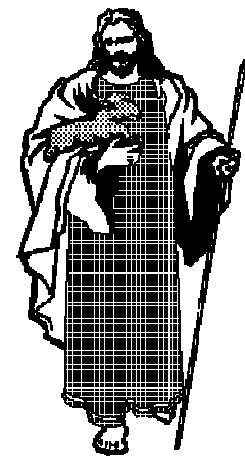
1. God is watching over us
Psalm 145:20
Romans 8:28
2. Grace is working in us
Isaiah 60:10

Grace is the fact that God gives us what we need, not what we deserve.

Mercy is grace in action
Psalm 103

3. Heaven is waiting for us
2 Corinthians 5:6 & 8

June 29, 2008



The Lord is my shepherd...

A Seven Week Series from Psalm 23

By Rev. Peter J. Wehrly, Directing Pastor
Summer, 2008

Nuggets from the 23rd Psalm

Practical advice for daily living from this familiar & well-loved Psalm



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Sunday Worship: 8:30 & 10:45 am

Bible translations used:

KJV: King James Version
NJKV: New King James Version
CEV: Contemporary English Version
AB: Amplified Bible

NRSV: New Revised Standard Version
NIV: New International Version
NLT: New Living Translation
NCV: New Century Version

Do you need a Bible for your daily meditations? Call the church for more information.

GOD'S ANTIDOTE FOR WORRY

Worry is:

Unnecessary
Unreasonable
Unhealthy

A shepherd's job is to:

Provide
Protect
Guide
Correct

God is our shepherd when we choose to:

Accept Jesus as our Lord and Savior
*Jesus said, 'I am the good shepherd...my sheep **know** me... they **listen** to my voice, and they **follow** me' (John 10:14 & 27)*

Pray about everything

Paul tells us we not to, '*worry about anything; instead pray about everything; tell God your needs... you will experience God's peace*' (Philippians 4:6-7 NLT)

1 Peter 5:7

Consider one day at a time

One day at a time, sweet JESUS
That's all I'm asking from You
Just give me the strength to do everyday
what I have to do
Yesterday's gone, sweet JESUS
And tomorrow may never be mine
LORD, help me today, show me the way
One day at a time.

May 18, 2008

GOD'S ANTIDOTE FOR BUSYNESS

R.E.L.A.X.

Realize my worth

Don't confuse work with worth

James 1:18

Matthew 6

Enjoy what I already have

The desire to acquire

Ecclesiastes 3:13

Limit my labor

Schedule time for rest

Mark 2: 27

Colossians 2:16

Adjust my values

Change our thinking about what is important

Ecclesiastes 3:13

Mark 8:36

eXchange my pressure for God's presence

Resistance to rest is a mark of immaturity

He makes me lie down in green pasture
(Psalm 23:2)

Matthew 11:28

Philippians 4:7

May 25, 2008

GOD'S ANTIDOTE FOR DAMAGED EMOTIONS

He restores my soul (Psalm 23:3a NRSV)

1. Remove our guilt

Psalm 38:4 & 6

"All have sinned...yet God declares us 'not guilty' IF we trust in Jesus Christ, who in his kindness freely takes away our sins"
(Romans 3:23-24 LB)

Colossians 2:13-14

2. Relieve our grief

2 Samuel 12

'Commit your way to the Lord' (Psalm 37:5 NIV)

3. Replace our grudges

Job 5:2

'Never avenge yourselves. Leave that to God, for he has said he will repay those who deserve it.' (Romans 12:19 LB)

'Get rid of all bitterness...forgiving each other, just as in Christ God forgave you.'
(Ephesians 4:31-32 NIV)

June 1, 2008

GOD'S ANTIDOTE FOR INDECISION

You lead me along right paths
(Psalm 23:3b CEV)

We all need a guide

What the Bible says:

1. Admit you need a guide

All of us, like sheep, strayed away. We have left God's path to follow our own. (Is 53:6 NLT)

Psalm 25:9

2. Ask, in faith for directions

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (Mt 7:7 NIV)

3. Listen for God's response

God's channels for communication:
The Bible, teachers, impressions, circumstances, pain

God does speak—now one way, now another— though man may not perceive it.
(Job 33:14 NIV)

4. Trust God when I don't understand

Your road led through the sea, your pathway through the mighty waters - a pathway no one knew was there! (Psalm 77:19 NLT)

Whose path are you going to follow?

June 8, 2008

God is beneath me in green pastures. God is beside me in still waters. God is with me in the valley. God is around me in the presence of my enemies. God is upon me anointing my head with oil. God is before me leading me in the right paths. God is behind me, surely goodness and mercy will follow me. God is even beyond me in heaven. I will dwell in the house of the Lord forever. (R. Warren)