

## **Soundtrack: The Soundtrack of the Comforted**

How can God help me manage my stress?

“We are most vulnerable to stress when we separate the spiritual from the situational.”

Psalm 23's Seven Stress-Management Strategies (Psalm 23)

### **1. Rely on God to set the rhythm of my life.** (Psalm 23:1)

Develop a habit of asking God for what I need every morning and thanking Him every night for His provision.

### **2. Rest in God regularly.** (Psalm 23:2)

Rest shows us that we are not the solution to our own stress.

God leads me to ease but stress leads me to dis-ease.

Schedule Sabbath time in your calendar.

### **3. Refresh my soul with beauty from God.** (Psalm 23:2-3a)

Create a Life-Giving List (a list of life-giving activities) and schedule one per week.

### **4. Return to God for guidance.** (Psalm 23:3b)

Where God guides, He always provides.

Invite God into your daily schedule.

### **5. Remain with God during difficult valleys.** (Psalm 23:4; Psalm 34:18)

God's desire is to bless us, and treat us as His honored guest. (Psalm 23:5)

### **6. Run to God as my defender.**

Develop a habit of resolving hurts with God instead of bottling them up, or developing our own revenge strategies, or gossiping to others.

**7. Remember God's promise to finish what He started. (Psalm 23:6)**

He didn't lead us this far to leave us. (John 10:10-11)