

## **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 \_\_\_\_\_ the \_\_\_\_\_ 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. \_\_\_\_\_ in God \_\_\_\_\_.** (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 \_\_\_\_\_ from \_\_\_\_\_.**  
(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 \_\_\_\_\_.** (Psalm 23:3b)

Where God guides, He always provides.

Invite God into your daily schedule.

- 5. \_\_\_\_\_ with God during \_\_\_\_\_ 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 \_\_\_\_\_.**

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 \_\_\_\_\_ to \_\_\_\_\_ what He started. (Psalm 23:6)**

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