

"The findings showed that 91.4 percent of predicted worries did not come true for participants. In fact, the most common amount of untrue worries per person was 100 percent. That's right, not a **single** worry came true in the month-long study for many of the participants." The University of Pennsylvania

Your thinking matters.

- *Your thinking leads to believing.*
- *Your believing leads to doing.*

Today's main idea:

1. Christ's _____ and _____ are the answers to our fears.
 - Christ's _____ and _____ are the answers to our "what if's."

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. **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. Psalm 23:1-6

When we face fear we can trust in:

1. God's _____.
2. God's _____.

"I don't get to control the economy. I don't get to decide when companies downsize or legislatures raise taxes or when the real estate market will take a downturn. What I **do** get to do is manage what comes into my hands and what goes out. And I get to manage my heart throughout the process." Brandon Cox

"Most of us do not want valleys in our lives. We shrink from them with a sense of fear and foreboding. Yet in spite of our worst misgivings, God can bring great benefit and lasting benediction to others through those valleys. Let us not always try to avoid the dark things, the distressing days. They may well prove to be the way of greatest refreshment to ourselves and those around us." Phillip Keller

Next Steps:

1. Will you read Psalm 23 each day this week?
2. What has been my greatest valley?
3. Is it God's provision or presence that I most need to stand firm in?

"Because Jesus came and had to thirst, our cup can be filled; because he was hungry, we can feast; and because he was forsaken, grace and mercy will follow us all the days of our lives. That's why we can trust, because of Jesus" Tim Keller