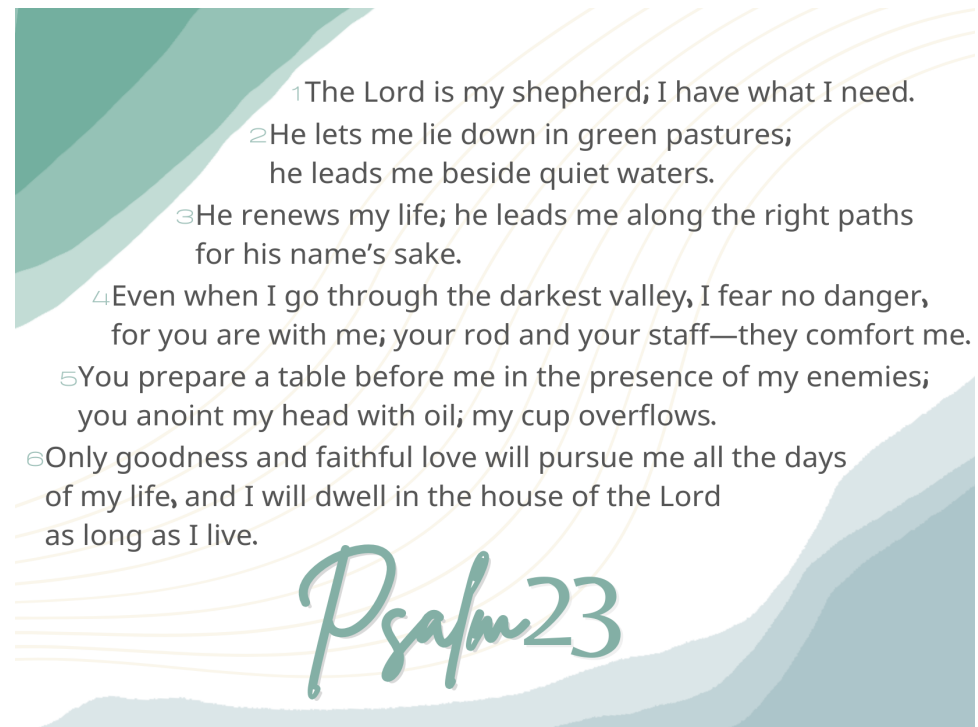


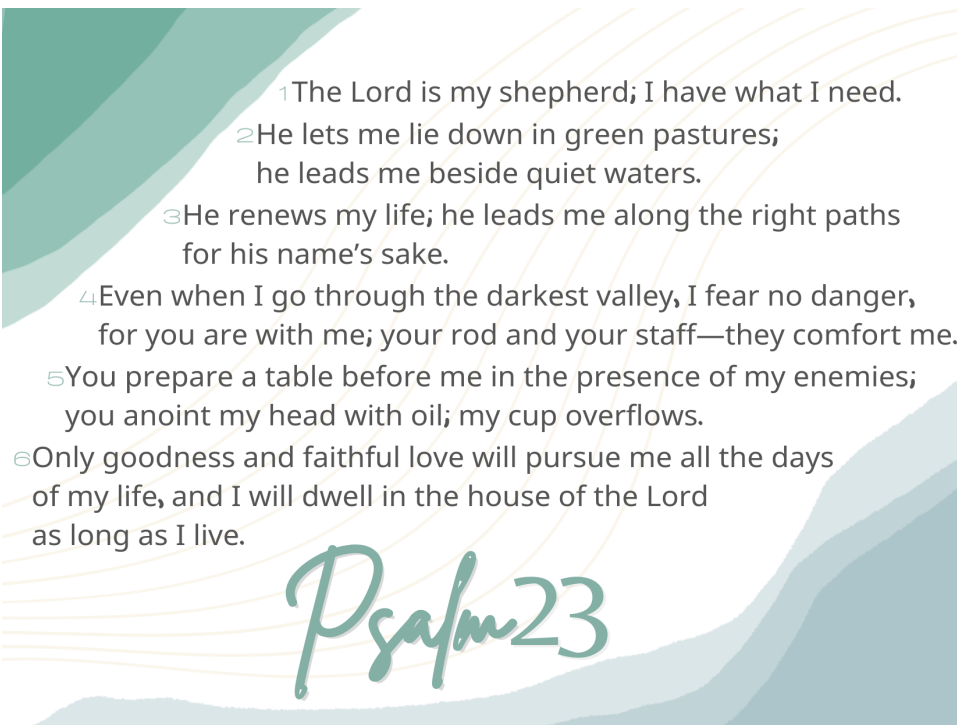
1 The Lord is my shepherd; I have what I need.
2 He lets me lie down in green pastures;
he leads me beside quiet waters.
3 He renews my life; he leads me along the right paths
for his name's sake.
4 Even when I go through the darkest valley, I fear no danger,
for you are with me; your rod and your staff—they 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 Only goodness and faithful love will pursue me all the days
of my life, and I will dwell in the house of the Lord
as long as I live.

Psalm 23



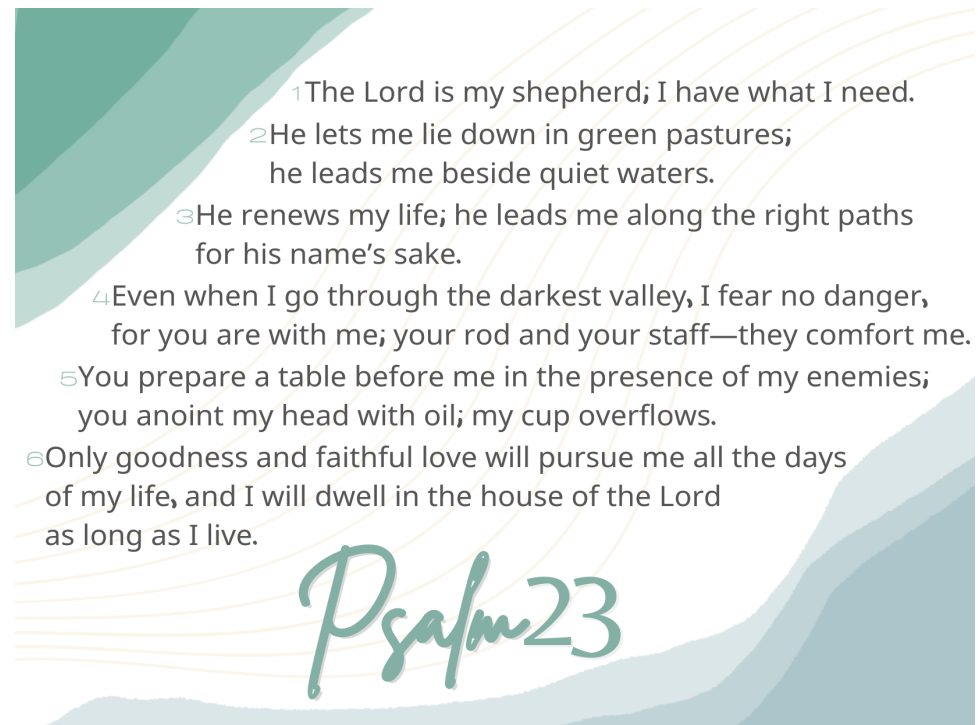
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Psalm 23

ANXIETY
feels:

Tiresome
Heavy
Burdensome
Discouraging
Confusing
Disorienting
Lonely
Fearful
Unfulfilling
Chaotic
Doubtful
Overwhelming...

The Good Shepherd
knows what I need & provides:

REST

Psalm 23:2; Matthew 11:28; Philippians 4:19

ENCOURAGEMENT

Psalm 23:3a; Psalm 19:7a

GUIDANCE

Psalm 23:3b; Psalm 119:105

PRESENCE

Psalm 23:4; Psalm 16:8; Psalm 73:28

PROTECTION

Psalm 23:5; Romans 8:35-39; Ephesians 6:10-17

FAITHFUL CARE

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