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## Psalm 23 – God’s Medicine for Worry, Anxiety, and Fear The Ultimate Shepherd • The Ultimate Host • How To Get Both

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### The Ultimate Shepherd

1. The LORD is my shepherd.

The better we understand and know God, the easier it is to \_\_\_\_\_ Him.

If the LORD is my shepherd, that makes me a \_\_\_\_\_.

That’s absolute care from the shepherd and \_\_\_\_\_ for me.

In your own words, what does “I shall not want” mean to you?

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See Psalm 34:10; 1 Timothy 6:6.

The shepherd feeds, waters, directs, protects and corrects his sheep.

That’s \_\_\_\_\_, provision, care and \_\_\_\_\_.

2. Green pastures speak of \_\_\_\_\_.

3. Still waters speak of \_\_\_\_\_.

4. He restores my soul. That’s \_\_\_\_\_ and \_\_\_\_\_.

5. He leads me in the paths of righteousness. That’s \_\_\_\_\_ and \_\_\_\_\_.  
He does this for His name’s sake.

That’s \_\_\_\_\_ to God and a \_\_\_\_\_ for me.

6. The valley of the shadow of death: That’s a trial, trouble or \_\_\_\_\_.

Valleys are inevitable, \_\_\_\_\_ and \_\_\_\_\_.

Trials: see John 16:33; 2 Corinthians 4:17; 1 Peter 1:6-7 and James 1:2-4.

Shadows are usually bigger than reality.

Shadows cannot hurt us.

Shadows indicate there is \_\_\_\_\_ somewhere.

For believers, death has no \_\_\_\_\_.

7. I will fear no evil. That’s protection, \_\_\_\_\_ in the Shepherd, and \_\_\_\_\_.

1 John 4:4; Psalm 34:18.

Why do we ‘fear no evil’? Who is with us? \_\_\_\_\_.

That's faithfulness, comfort and \_\_\_\_\_.

8. Your rod and Your staff, they comfort me. That's \_\_\_\_\_, guidance and correction.

The Ultimate Shepherd is personally ours. Every need is met in Him. He feeds, waters, directs, inspects, protects and corrects His sheep. He gives us rest, forgiveness and peace. He is with us, even in dark times. He brings glory to His name and gives us a purpose.

### **The Ultimate Host**

1. You prepare a table before me in the presence of my enemies. That's the Ultimate Host giving intimate \_\_\_\_\_, supply and protection.

2. You anoint my head with oil. That's \_\_\_\_\_ and the \_\_\_\_\_.

3. My cup runs over. That's \_\_\_\_\_.

4. Surely goodness and mercy will follow me all the days of my life. That's \_\_\_\_\_ and lifelong \_\_\_\_\_.

5. And I will dwell in the house of the Lord forever. That's \_\_\_\_\_ and \_\_\_\_\_ with God (our Ultimate Host) for eternity.

The Ultimate Host provides intimate fellowship with Him, supply, protection, honor, the Holy Spirit, abundance, life long assurance of goodness and mercy, and security for eternity in His House.

### **How to Get Both**

1. The Ultimate Shepherd is \_\_\_\_\_ (John 10:11).

2. How can I tell if I am one of His sheep? His sheep hear his \_\_\_\_\_ (John 10:27).

3. "Blessed rather are those who \_\_\_\_\_ the word of God and \_\_\_\_\_ it." (Luke 11:28)

4. Prayer: when worry and fear come – see Philipians 4:6-7; Isaiah 26:3; John 16:33.

The invisible God is experienced by faith. Faith is like a muscle, the more you use it, the stronger it gets. We get to know God by praying, reading the \_\_\_\_\_, and obeying Him and trusting Him.

With an all powerful, loving, all knowing, everywhere present, caring Shepherd who is the Lord, what are you worried about? What do you fear?