



## Filled Up for the Journey

<sup>1</sup> The Lord is my best friend and my shepherd. I always have more than enough. <sup>2</sup> He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss. <sup>3</sup> That's where he restores and revives my life. He opens before me pathways to God's pleasure and leads me along in his footsteps of righteousness so that I can bring honor to his name. <sup>4</sup> Lord, even when your path takes me through the valley of deepest darkness, fear will never conquer me, for you already have! You remain close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of your love takes away my fear. I'll never be lonely, for you are near. <sup>5</sup> You become my delicious feast even when my enemies dare to fight. You anoint me with the fragrance of your Holy Spirit; you give me all I can drink of you until my heart overflows. <sup>6</sup> So why would I fear the future? For your goodness and love pursue me all the days of my life. Then afterward, when my life is through, I'll return to your glorious presence to be forever with you!

*Psalms 23 (TPT)*

✓ God is the SOURCE OF ALL I need for the journey.

<sup>1</sup> The LORD is my shepherd; I have all that I need.

*Psalms 23:1 (NLT)*

## The Worthlessness Of Worry:

A.) Worry is UNNATURAL.

<sup>26</sup> "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

*Matthew 6:26 (NIV)*

B.) Worry is UNHELPFUL.

<sup>27</sup> "Who of you by worrying can add a single hour to his life?"

*Matthew 6:27 (NIV)*

✓ Worry is assuming a RESPONSIBILITY God never INTENDED for me to have.

C.) Worry is UNBELIEF.

<sup>32</sup> People who don't know God and the way he works fuss over these things, but you know both God and how he works.

*Matthew 6:32 (MSG)*

✓ Worry is a WARNING SIGN that I've forgotten the GOODNESS of God.

## How Do I Trust God To Fill Me For The Journey?

1. Ask Jesus to be my SHEPHERD.

<sup>14</sup> "I am the Good Shepherd. I know my own sheep and my own sheep know me. <sup>15</sup> ...I put the sheep before myself, sacrificing myself if necessary."

*John 10:14-15 (MSG)*

2. Invite JESUS to be FIRST in every area of my life.

<sup>33</sup> "Set your heart on the kingdom and his goodness, and all these things will come to you as a matter of course."

*Matthew 6:33 (PHILLIPS)*

3. RELAX and tell Him what I need in PRAYER.

<sup>6</sup> So, humble yourselves under God's strong hand, and in his own good time he will lift you up. <sup>7</sup> You can throw the whole weight of your anxieties upon him, for you are his personal concern.

*1 Peter 5:6-7 (PHILLIPS)*

4. Trust Jesus ONE DAY AT A TIME.

<sup>34</sup> "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

*Matthew 6:34 (MSG)*



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