

Struggle Is Real Part 3: Offloading Stress

Stress – the pressure, weight, and burden associated with life.

*“We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under **great pressure**, far beyond our ability to endure, so that we despaired of life itself.” 2 Corinthians 1:8 NIV*

*“As pressure and stress **bear down on me**, I find joy in your commands.” Psalms 119:143 NLT*

*“In my **distress** I prayed to the Lord, and the Lord **answered me** and **set me free**.” Psalms 118:5 NLT*

“The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.” Psalms 23:1-6 NKJV

1. Depend on God to meet your needs.

*“The Lord is my shepherd; I have **all that I need**” Psalm 23:1 NLT*

*“And my **God will meet all your needs** according to the riches of his glory in Christ Jesus.” Philippians 4:19 NIV*

2. Obey God’s instructions about rest.

*“He makes me **lie down** in green pastures, he leads me beside quiet waters” Psalm 23:2 NIV*

*“There remains, then, a **Sabbath-rest** for the people of God.” Hebrews 4:9 NIV*

3. Recharge your soul with beauty.

*“He makes me lie down in **green pastures**. He leads me beside **peaceful waters**. He renews my soul” Psalm 23:2-3 GW*

*“Yet God has made **everything beautiful** for its own time. He has planted eternity in the human heart.” Ecclesiastes 3:11 NLT*

4. Go to God for guidance.

"He **guides** me along the paths of righteousness for the sake of his name" Psalm 23:3 GW

"When people do not accept **divine guidance**, they run wild. But whoever obeys the law is joyful."
Proverbs 29:18 NLT

5. Trust God in the dark valleys.

"Even though I walk through the dark valley of death, because you are with me, **I fear no harm**.
Your rod and your staff give me courage" Psalm 23:4 GW

"**Trust in the Lord** with all your heart And do not lean on your own understanding. In all your ways
acknowledge Him, And He will make your paths straight." Proverbs 3:5-6 NASB1995

6. Let God be your defender.

"You prepare a banquet for me **while my enemies watch**. You anoint my head with oil. My cup
overflows" Psalm 23:5 GW

"But make up your mind not to worry beforehand how you will defend yourselves. For I will give
you **words** and **wisdom** that none of your adversaries will be able to resist or contradict."
Luke 21:14-15 NIV

7. Expect God to finish what he started.

"Certainly, goodness and mercy will stay close to me all the days of my life, and I will remain in the
Lord's house for **days without end**." Psalm 23:6 GW

"Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find
rest for your souls. For my yoke is easy and my burden is light" Matthew 11:29-30 CSB