

Coping With Stress
"God's Antidote To Fearing The Future."

Ps. 23:6 "Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever."

Why You Can Face The Future Confidently

1. Because God Is Watching Over Me

"Surely goodness will follow me all the days of my life." Ps. 23:6

"The Lord watches over all who love him. . ." Ps. 145:20

2. Because God Grace Is Working In Me

"Surely. . . mercy will follow me all the days of my life. . ." Ps. 23:6

"I will have mercy on you through my grace." Isa. 60:10 (LB)

"I will. . . not forget the glorious things God does for me. He forgives all my sins. He heals me. He ransoms me from hell. He surrounds me with loving-kindness. . . He fills my life with good things. . . He is merciful and tender toward those who don't deserve it; He is slow to get angry. . . He never bears a grudge. He has not punished us as we deserve for our sins, for His mercy. . . is as great as the height of the heavens. . . He is like a father to us, tender and sympathetic to those who reverence Him." Ps. 103:2-11

"We can come before God's throne where. . . we can receive mercy and grace to help us when we need it." Heb. 4:16

3. Because Heaven Is Waiting For Me

". . . and I will dwell in the house of the Lord forever." Ps. 23:6

"We know that our body. . . will be destroyed. But when that happens, God will have a house for us. It will not be a house made by human hands; instead, it will be a home in heaven that will last forever." 2 Cor. 5:1 (NCV)

"We look forward with confidence to our heavenly bodies. . . and are not afraid, but are quite content to die, for then we will be at home with the Lord." 2 Cor. 5:6,8 (LB)

"You are only visitors here. . . your real home is in heaven. . ."
1 Peter 2:11 (LB)

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand." John 10:27-27

Believe and Receive

"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name." John 1:12 (NASB)