Worried? What's got you worried? What is it that causes you to fuss and fume, toss and turn, wondering "Is it ever going to work out?" What is it that when you think about it, you get that pit in your stomach? I don't know what you're going through right now, but that doesn't matter. God does. God knows exactly what you're going through. Matthew 6:32-33 – "Your heavenly Father already knows perfectly well what you need and He will give them to you if you give Him first place in your life and live as He wants you to."

Read Psalm 23. You will find that seventeen times in six verses, the words "I", "my" or "me" are used. This is an intensely personal psalm. The word "You"-- talking about God-- is used five times, "He" or "His" is used about 7 or 10 times. This psalm is about a relationship to God. That's the antidote to your stress. Religion will not get rid of your stress. Religion will not help you stop worrying. You don't need religion. You need a relationship. You need a Shepherd – somebody who provides, protects, guides and corrects.

God says, "That's what I made you for. I didn't make you for religion. I made you to know Me." He knows all about you and He wants you to know Him. That's why He sent Jesus Christ. We invite you to take the first step by opening your life to Jesus Christ, if you've never done so. Ask Jesus Christ to become your Lord -- your boss, manager – and Shepherd, as He's promised to do.

A guy named **Wilbur Chapman** was asked to come cheer up a little 10 year old boy who was dying of cancer. He went to the home of the little boy. The little boy was worried about dying and Chapman said, "I want to teach you something. Let me have your hand. The Bible says, `The Lord is my Shepherd.' Every time you start to get worried about what's going to happen to you, you think `The Lord is my Shepherd' and you hold onto your index finger."

Two weeks later, the little boy died in his sleep. The next morning, his mother found him holding his index finger. I don't know what you're worried about or stressed out about today, but I do know this: God loves you, He cares about your stress and He can help you. "The Lord is my Shepherd."

"The Lord is my Shepherd" -- there is only one real Lord, all the others are fakes and imitations. "The Lord **is** my Shepherd"--not might be, He will be, He always has been, He always will be. "The Lord is my Shepherd"-- Can you say that with certainty? Is the Lord your Shepherd? Is the Shepherd your Lord? He can't be one without the other. When you can say that and mean it, you're going to stop worrying. Don't carry that burden one more second. It's unnecessary.

You may say a prayer kind of like this, "Jesus Christ, I don't understand it all, but I've seen that You've promised to take care of my needs, if only I'll trust You. And I realize that worry is just a warning light, that I'm trying to control everything. I don't want to do that any more. I want you to be in control of my life. I want You to be my manager. I want You to be my Lord. I want to know You. I want to listen to You. I want You to lead me in the life plan that You made me for. Amen"