

# Transformed

FROM ANXIOUS TO ANCHORED

February 16, 2025



"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."

Psalm 23 (NKJV)

"Peace of mind makes the body healthy..."

Proverbs 14:30 (GNT)

## Moving from Anxious to Anchored

1. Life can cause anxiety over FINANCIAL PRESSURES,  
but an anchored life RELIES ON HIS \_\_\_\_\_.

Psalm 23:1 (NKJV) – "The LORD is my shepherd; I shall not want."

Matthew 6:31-33 (NLT) – "Don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need."

Romans 8:32 (NLT) – "Since He did not spare even His own Son but gave Him up for us all, won't He also give us everything else?"

2. Life can cause anxiety over OVERLOADED SCHEDULES,  
but an anchored life RESPECTS HIS \_\_\_\_\_.

Psalm 23:2 (NKJV) – "He makes me to lie down in green pastures."

Exodus 34:21 (NKJV) – "Six days you shall work, but on the seventh day you shall rest..."

Mark 2:27 (NLT) – "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

3. Life can cause anxiety over EMOTIONAL EXHAUSTION,  
but an anchored life RECHARGES IN HIS \_\_\_\_\_.

Psalm 23:2-3 (NKJV) – "He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul."

Philippians 4:8 (MSG) – "You'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly."

Psalm 19:1 (NLT) – "The heavens proclaim the glory of God. The skies display His craftsmanship."

4. Life can cause anxiety over FUTURE UNCERTAINTY,  
but an anchored life REMAINS ON HIS \_\_\_\_\_.

Psalm 23:3 (NKJV) – "He leads me in the paths of righteousness for His name's sake."

James 1:5 (NLT) – "If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking."

Matthew 6:34 (NLT) – "Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

5. Life can cause anxiety over FEAR OF LOSS/HARDSHIP,  
but an anchored life RESTS IN HIS \_\_\_\_\_.

Psalm 23:4 (NKJV) – "Even 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."

Psalm 142:3 (TLB) – "When I am overwhelmed and desperate, you alone know which way I ought to turn to miss the traps my enemies have set for me."

6. Life can cause anxiety over CONFLICT & OPPOSITION,  
but an anchored life RECEIVES HIS \_\_\_\_\_.

Psalm 23:5 (NKJV) – "You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over."

Psalm 18:1-2 (GNT) – "How I love you, Lord! You are my defender, my protector, and my strong fortress. In You I am safe. You protect me like a shield."

Mark 15:5 (NIV) – "But Jesus still made no reply, and Pilate was amazed."

7. Life can cause anxiety over FEAR OF THE UNKNOWN,  
but an anchored life REMEMBERS HIS \_\_\_\_\_.

Psalm 23:6 (NKJV) – "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever."

Matthew 11:28-30 (NIV) – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

"Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall."  
Psalm 55:22 (NLT)

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