

September 20, 2023 Lesson 1 "God Will Meet All My Needs"

## **Wednesday Night Bible Study**

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### **Queens Chapel**

7410 Muirkirk Road \* Beltsville, MD 20705

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### **Lesson 1 "God Will Meet All My Needs"**

20 September 2023

Welcome to the *Queens Chapel Fall Semester 2023 Bible Study*. This semester promises to be an eye-opening, educational, as well as a spiritual renewal experience. If you feel comfortable wearing a mask please do so. My *Bible-Strong Team* and I are working on ways to include our seniors and those not comfortable in a classroom setting. If you are technology-savvy and would like to assist us in this area, please see me after the class.

This semester we'll look at Psalms 23, one of the most beloved, famous, and most-read passages in the Bible. As we study Psalms 23, we'll discover how God's goodness is so important to our lives and how forgetting God's goodness causes difficulties. Even on our darkest days, God wants to give us a life of confidence, assurance, and a life filled with faith, hope, and love for God and one another.

We're going to dig deep into Psalms 23 so we can understand more about God's unrelenting love for us—and discover why this passage can become a foundation for our faith and spiritual resiliency.

Let's take a moment to pause and read Psalms 23 (NKJV)

*1 The Lord is my shepherd; I shall not want.*

*2 He makes me to lie down in green pastures;*

*He leads me beside the still waters.*

*3 He restores my soul; He leads me in the paths of righteousness*

*For His name's sake.*

*4 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.*

*5 You prepare a table before me in the presence of my enemies;  
You anoint my head with oil; My cup runs over.  
6 Surely goodness and mercy shall follow me All the days of my life And  
I will dwell in the house of the Lord Forever.*

Turn to your neighbor and take a few moments to explain which verse speaks to you the most and why.

Let's look at **Psalms 23:1** *"The Lord is my shepherd; I shall not want."*

*The LORD is my shepherd; I have all that I need.* (NLT)

*You, LORD, are my shepherd. I will never be in need.* (CEV)

1. God is the source of everything you need. He feeds, leads, guides, and meets your needs. You don't have to look anywhere else.
2. There is nothing you need that God can't supply.

### **Philippians 4:19 (NIV)**

"And my God will supply every need of yours according to his riches in glory in Christ Jesus."

3. Why do we worry so much? —worrying is the most common sin Christians commit on earth
  - A) You can pray, or you can panic
  - B) If you're not praying, you're panicking
  - C) You can worry or you can worship
  - D) If you're not worshipping, you're worrying

### **Matthew 6:25 (NIV)**

"Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

4. Five reasons worrying is worthless:
  - A) *Worrying is unreasonable*—it's irrational because it accomplishes nothing. It's wasted energy you could be using for praise and worship. We worry about the wrong things: how we look, what we say, the way we're trying to impress others. How we're going to

eat, and pay our bills. If you can't change what you're worrying about then why worry?

- B) Worrying is unnatural—You were not created to worry. You were created to worship and glorify God through our lives. Nature does not worry. Human beings are the only creatures on earth that worry. Worrying is a learned behavior. Worry can be unlearned.

**Matthew 6:26, 28-29 (NIV)**

26 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?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

- C) Worrying is Unhelpful—It doesn't change a thing. Worrying will never move you one step towards the solution. It just makes you tired, physically sick, and stressed.

**Proverbs 12:25(The Message)**

“Worry weighs us down”

- D) Worrying Is Unnecessary—Worrying is a responsibility God never intended for you to have. Worrying is misunderstanding the goodness of God. When Jesus died on the cross for you, he solved your biggest problem—securing your salvation. If God can be trusted with your salvation, He can be trusted to take care of all your needs

- E) Worrying is Unbelief—God has promised to take care of all your needs. Did you know that when you worry, you actually become an unbeliever at that moment? In other words, you're acting like there is no God and there are no promises in Scripture.

**Philippians 4:19 (Message)**

“You can be sure that God will take care of everything you need, his generosity exceeding even yours in the glory that pours from Jesus.”

What's not included in "everything"

**Matthew 6:32 (The Message)**

"People who don't know God and the way he works fuss over these things, but you know both God and how he works."

**How to reprogram yourself from Worrying**

You don't have to live the rest of your life living in constant worry, being uptight, having your stomach in a knot, or feeling tense.

God has promised to take care of you

**John 14:1 (NIV)**

"Do not be worried and upset," Jesus told them.  
"Believe in God and believe also in me."

5. First, ask God to be your shepherd every day—Start every day by saying "Lord you are my shepherd. You're a good God"

**John 10:14-15 (NIV)**

14 "I am the good shepherd; I know my own sheep, and they know me,

15 just as my Father knows me and I know the Father. So I sacrificed my life for the sheep.

6. Second, give Jesus first place in every area of your life. Anytime you worry, that reveals a particular area of your life where you have not given Him first place.
7. Third, Relax and give God your worries in prayer. When you are worried, don't repress it, suppress it, or deny it, Confess it. If you try to push down worries, you're going to get sick. It's like taking a soda, shaking it up, and then putting it in the freezer. It will explode.

**1 Peter 5:7 (NLT)**

Give all your worries and cares to God, for he cares about you.

8. Learn to meditate—If you know how to worry, you know how to meditate—worrying is an unhealthy form of meditation.
9. Meditation is simply focusing on one thought over and over. So. Take the skills you use to worry and meditate instead.

***“The Lord is my shepherd; I shall not want.”***

Personal Exercise:

- Make a list of the different things you tend to worry about. Sure, you can make a general statement to God by saying “God, I give you my worries,” but it’s better to be specific with a list.
- What’s really bugging you? Are you worried about your children, spouse, bills, home, school, employment, disapproval, rejection, loneliness, etc? What’s bugging you?
- Take some time (don’t rush) and make a list of your issues, write them down, and pray (each one separately) to the Lord.

**Philippians 4:6-7 (TLB)**

6 Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.

7 If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

Trust Jesus for one day at a time. It’s okay to plan for tomorrow. Trust God for each day as it comes. God’s going to give you enough grace and strength for today

***“The Lord is my shepherd; I shall not want.”***

- There are two days you should never worry about: **Yesterday and Tomorrow**

Let's read **Psalms 23 (NKJV)** again

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*He leads me beside the still waters.*

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*I will dwell in the house of the Lord Forever.*

**Amen**

Next week: "**God Teaches Me to Relax When I'm Stressed**"