

## Leaving Our Baggage Behind How To Let God Start To Care For You

### 1. \_\_\_\_\_

**Psalm 23** *The Lord is my shepherd; I have all that I need.*

*He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.*

- You are love (*He is not just loving – He is love*)
- You love me
- You have proven your love for me by dying for me
- Love means you “will the good for me”
- That love extends to this very situation I’m facing now

*Because your love reaches here, I expect to see your activity in this situation. My confidence is in you and I am excited to see what you will do.*

### 2. Replace \_\_\_\_\_ with God as your Shepherd

- a) Decide if you \_\_\_\_\_

**Matthew 9:29** *Then he touched their eyes and said, “According to your faith let it be done to you”...*

- b) Admit you are \_\_\_\_\_

**Psalm 23:1** *The Lord is my shepherd...*

- c) Make the daily decision \_\_\_\_\_

**1 Peter 2:25** *For “you were like sheep going astray,” but now you have returned to the Shepherd and Overseer of your souls.*

- d) Add daily reminders of His \_\_\_\_\_

*If our minds are not possessed with this idea that God really is love and that reaches all the way down to where we really are, we fall into what is common to all temptation and that is the idea that we cannot trust God. Dallas Willard*

### I might be self-shepherding when:

- My first thought in a crisis is "How do I fix this?" not "What is God doing?"
- I'm more anxious about outcomes than curious about God's presence in the process
- I feel a constant low-grade panic that "it all depends on me"
- I'm rehearsing worst-case scenarios instead of rehearsing God's faithfulness
- I'm exhausted but can't stop because "too much depends on me"
- I'm more irritable, cynical, or numb than usual
- Prayer feels like reporting to a manager rather than connecting with a person
- I make major decisions without really praying—I just inform God of my excellent plan
- I haven't asked for wisdom because I already know what I should do (or think I do)
- I'm in a valley but pretending to everyone (including myself) that I'm fine
- I say "God is with me" but functionally believe I'm alone in solving this
- I'm more focused on escaping the valley than on experiencing God's presence in it
- I'm running on empty, trying to pour from a depleted cup
- I'm more aware of my enemies (criticism, failure, inadequacy) than God's abundance
- I've forgotten what it feels like to be honored, celebrated, or delighted in
- I can't remember the last time I noticed God's goodness pursuing me in ordinary moments
- I can't imagine what it would feel like to truly be at home with God