



Today's Message

"From Stressed to Blessed"

Rev. Larry Tieman, Senior Pastor
Immanuel Lutheran Church

September 3, 2017

Catch up on past sermons you may have missed at: www.immanuelcl.org/media-resources

New Here... Welcome!

If you are new to Immanuel Lutheran Church and School, we would love to meet you! Be sure to stop by our "Connection Center" where a **welcome gift** is waiting for you, and thanks for sharing worship with us today!

What's Happening:

You can always keep in touch with what's happening by checking in at our website: www.immanuelcl.org

Connecting

A Connection card helps us to get to know you! We like to send a thank you for visiting us, and to help you find classes or connections that might best fit what you are looking for.

I'd like to Know More

We would love to answer your questions! Call the church office or email: stieman@immanuelcl.org

Service Times: Saturday Evenings, 6:00pm Historic Church • Sunday Mornings 8:00 - 9:30 - 11:00 Pathway Court *

SERMON NOTES

God's Stress Antidote: Psalm 23

1. THE ANTIDOTE FOR W _____

***"The Lord is my Shepherd; I have everything I need."* (v. 1)**

- A. Look to God to meet all your n _____.
- B. Never put your s _____ in something that can be taken away.

2. THE ANTIDOTE FOR H _____

***"He makes me lie down in green pastures."* (v. 2)**

- A. Get some rest.
- B. Observe the S _____.
- 1. Rest your b _____. (Just not during the sermon!)
- 2. Re _____ your s _____.
- 3. Re _____ your e _____.

(Worship!)

(Recreation)

3. THE ANTIDOTE FOR C _____

***"He makes me lie down in green pastures, He leads me beside the still waters."* (v. 2)**

- A. There is a lot of u _____ in the world.
- B. Recharge your soul with b _____.

4. THE ANTIDOTE FOR IN _____

***"He guides me in the paths of righteousness for his name's sake."* (v. 3)**

- A. Go to God for g _____.
- B. His t _____ is perfect.

5. THE ANTIDOTE FOR L _____

"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."

- A. Trust God in the valleys.
- B. He is b _____ than the shadows.

6. THE ANTIDOTE FOR C _____

***"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows."* (v. 5)**

- A. Let God be your d _____.

7. THE ANTIDOTE FOR THE F _____

***"Surely goodness and love will follow me all the days of my life and I will dwell in the house of the Lord forever."* (v. 6)**

- A. Expect God to f _____ what He started in you!

"Come to me, all you who are weary and burdened, and I will give you rest!...For my yoke is easy and my burden is light." (Matthew 11:28, 30)

MY NEXT STEPS . . .

*Each time you feel stressed out this week, read Psalm 23

Coming Up at >>



Immanuel

>> Sunday, September 3, 2017 - Thirteenth Sunday after Pentecost

Touching Hearts and Transforming Lives with the Light of Jesus Christ...

Sundays at 9:30 am

Tot Time (1 & 2 Year Olds w/Parents)	Gym
Sunday School (Age 3—5th Grade)	Classrooms (Sign in by computer Lab)
Verge (6th Grade)	Room 203 (6th Grade Classroom)
Confirmation (7th - 9th Grades)	Multi-Purpose Room
High School Transformed (10-12 Grades)	Youth Room
Lifetree Café	Library
Transformed Groups	Art Room Music Room Conference Room
Nursery is available	

***SAVE THE DATE: OCTOBER 14, 2017 FREE COMMUNITY CLINIC**



Altar Flowers are in celebration of the beginning of the 2017/2018 school year!

Immanuel Helps Houston

Join Immanuel Lutheran Church and School in gathering supplies for the flood victims of Hurricane Harvey in Houston, Texas

What to Donate: Diapers, wipes, children's socks, new or gently used children's clothing

When: Items requested until Sunday, Sept 10 at Immanuel Lutheran Pathway Court location

YOU'RE INVITED TO IMMANUEL'S FIRST

FAMILY FALL FEST

Join us on
September 22-24, 2017

Thrill Rides
Challenging Game Booths
Delicious Food

NOT AN IMMANUEL MEMBER?
No problem! This event is open to the public!

rightnow MEDIA

Quality Kids Christian Programming: RightNow Media is a free, Netflix like Christian resource for adults and kids alike, which has age-appropriate kids' programming. All church members will be receiving an invitation to access RightNow Media. But, this free resource is open to *anyone*, so if you would like an invitation contact Laura at lgilleland@immanuelcl.org or in the church office.

Get the latest weekly Announcements, event postings, and information at: www.immanuelcl.org

* **Families with Young Children:** Changing tables are found in the washrooms down the hall on the left of the worship area. Nursing Mom's room is located behind the desk in the Library (doors on the back wall of worship area).