**Emotions: The Ups and Downs of Life “Overcoming fear and worry”** (Part #6) **Psalm 23:1-4**

David had a great understanding about what it meant to be both a shepherd and a sheep; to lead and to be led; to care and to be cared for. He learned to off-load fear because He had learned to trust his Shepherd – the “Great Shepherd.” **He tells us that three things kept him from fear:**

**1. God’s \_\_\_\_\_\_\_\_\_\_\_\_ delivers us from \_\_\_\_\_\_\_\_\_\_** v. 4

**2. God’s \_\_\_\_\_\_\_\_\_\_\_\_ delivers us from \_\_\_\_\_\_\_\_\_\_** v. 4c

**3. God’s \_\_\_\_\_\_\_\_\_\_\_\_ delivers us from \_\_\_\_\_\_\_\_\_\_** v. 4c