

#PostPandemicBibleSTUDIES™ [Lesson # 29 (Part A); Series 1 of 7]
 Prepared By Madame P J Bailey (February 9, 2022)
 [GODsTWEET.COM TWITTER - GODsTWEET]

STRESS LESS, TRUST GOD MORE !

(#StressLessTrustGodMore) (#STRESSrometer™)

Psalm 4:8 Salmos Psaumes 诗篇

*I will both lay me down in peace, and sleep: for Thou,
 Lord, only makest me dwell in safety..*

#PandemicBibleSTUDIES™ and #PostPandemicBibleSTUDIES™ MOTTO --

PREPARE EACH LESSON, WITH ETERNITY IN VIEW !

Many of the Psalms were written by King David. Certainly he could testify about the blessings that come from resting in the Lord for protection, provision, pardon, and peace !

Start by slowly and prayerfully reading **aloud** 3 times, Psalms 27 and 91.

Then, using *“The God #STRESSrometer Chart”™* printed below, prepare a self-assessment of your current stress level, after selecting 7 passages from those included with this lesson. Re-assess your stress level after 3 months, 6 months, and 12 months. In between assessments, meditate on the lesson passages while praying to God for His deliverance from all your non-productive stress, into His ever-present rest.

This is **NOT** a speed reading exercise ! Please study each of the passages within its scriptural context.

SCRIPTURE	RARELY STRESSED		SOMETIMES STRESSED			USUALLY STRESSED					
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

SCRIPTURE	RARELY STRESSED		SOMETIMES STRESSED			USUALLY STRESSED					
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

SCRIPTURE	RARELY STRESSED		SOMETIMES STRESSED			USUALLY STRESSED					
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

<u>SCRIPTURE</u>	RARELY STRESSED		SOMETIMES STRESSED					USUALLY STRESSED			
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

<u>SCRIPTURE</u>	RARELY STRESSED		SOMETIMES STRESSED					USUALLY STRESSED			
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

<u>SCRIPTURE</u>	RARELY STRESSED		SOMETIMES STRESSED					USUALLY STRESSED			
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---

<u>SCRIPTURE</u>	RARELY STRESSED		SOMETIMES STRESSED					USUALLY STRESSED			
	1	2	3	4	5	6	7	8	9	10	
Initial assessment date: _____	CURRENT	---	---	---	---	---	---	---	---	---	---
	3 MONTHS	---	---	---	---	---	---	---	---	---	---
	6 MONTHS	---	---	---	---	---	---	---	---	---	---
	12 MONTHS	---	---	---	---	---	---	---	---	---	---



AS YOU WORK ON THIS BIBLE STUDY, PLEASE PRAY TO BECOME ESPECIALLY SENSITIVE TO ANY OF YOUR ATTACHMENTS TO EARTH, AND START TO LOOSEN YOUR GRIP ON THE THINGS OF THIS WORLD.

“For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?”

#Matthew16v26 Mateo Matthieu 马太福音

Psalm 3:5 Salmos Psaumes 诗篇

NOTES

Psalm 4:8 Salmos Psaumes 诗篇

NOTES

Psalm 5:3 Salmos Psaumes 诗篇

NOTES

Psalm 5:8 Salmos Psaumes 诗篇

NOTES

Psalm 16:8 Salmos Psaumes 诗篇

NOTES

Psalm 16:11 Salmos Psaumes 诗篇

NOTES

Psalm 23:1-3 Salmos Psaumes 诗篇

NOTES

Psalm 27 Salmos Psaumes 诗篇 [USE A SEPARATE SHEET OF PAPER.]

NOTES

Psalm 32:7 Salmos Psaumes 诗篇

NOTES

Psalm 33:20 Salmos Psaumes 诗篇

NOTES

Psalm 34:7-10 Salmos Psaumes 诗篇

NOTES

Psalm 34:17 Salmos Psaumes 诗篇

NOTES

Psalm 37:7 Salmos Psaumes 诗篇

NOTES

Psalm 37:34 Salmos Psaumes 诗篇

NOTES

Psalm 40:1 Salmos Psaumes 诗篇

NOTES

Psalm 40:17 Salmos Psaumes 诗篇

NOTES

Psalm 46:10 Salmos Psaumes

诗篇

NOTES

Psalm 51:10-12 Salmos Psaumes

诗篇

NOTES

Psalm 55:16-17 Salmos Psaumes

诗篇

NOTES

Psalm 61:3-4 Salmos Psaumes 诗篇

NOTES

Psalm 62:5-8 Salmos Psaumes 诗篇

NOTES

Psalm 73:26 Salmos Psaumes 诗篇

NOTES

Psalm 91 Salmos Psaumes 诗篇 [USE A SEPARATE SHEET OF PAPER.]

NOTES

Psalm 94:22 Salmos Psaumes 诗篇

NOTES

Psalm 107:28-29 Salmos Psaumes 诗篇

NOTES

Psalm 116:7 Salmos Psaumes 诗篇

NOTES

Psalm 127:2 Salmos Psaumes 诗篇

NOTES

Psalm 130:5 Salmos Psaumes 诗篇

NOTES

Psalm 132:14 Salmos Psaumes 诗篇

NOTES

BE SURE TO MAKE SEVERAL COPIES OF THIS PAGE. AS YOU STUDY, USE THE BLANK SPACES TO RECORD ANY ADDITIONAL AND RELATED BIBLE REFERENCES.

REFERENCE - <hr/> <hr/> <hr/>
NOTES <hr/> <hr/> <hr/>
REFERENCE - <hr/> <hr/> <hr/>
NOTES <hr/> <hr/> <hr/>
REFERENCE - <hr/> <hr/> <hr/>
NOTES <hr/> <hr/> <hr/>
REFERENCE - <hr/> <hr/> <hr/>
NOTES <hr/> <hr/> <hr/>