



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Consider the Lilies . . .



Scripture Passages focusing on Trust in God

1. Matthew 11:28-29 - "Come to me, all you that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls." (NRSV)
2. Psalm 46:10 – "Be still and know that I am God!" (NRSV)
3. Isaiah 26:3-4 – "Those of steadfast mind you keep in peace – in peace because they trust in you. Trust in the Lord forever, for in the Lord God you have an everlasting rock." (NRSV)
4. Philippians 4:6-7 – "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (NRSV)

Scripture Passages focusing on Happiness which brings relief from Stress

1. Proverbs 15:13 - "A happy heart makes the face cheerful." (NIV)
2. Proverbs 15:15 – ". . . a cheerful heart has a continual feast." (NIV)
3. Isaiah 35:10 – ". . . everlasting glory shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away." (NRSV)
4. Luke 6:21 – ". . . Blessed are you who weep now, for you will laugh." (NIV)
5. Jeremiah 31:13 " . . . I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow." (NRSV)

Hymns

1. Dear Lord and Father of Mankind
2. In the Night I Can Take my Rest (Psalm 4)
3. I've Got Peace Like a River
4. Near to the Heart of God
5. Savior, Again to Thy Dear Name We Raise



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23rd Psalm for Busy People
By Toki Miyashiro

The Lord is my Pace-setter, I shall not rush;
He makes me to stop and rest for quiet intervals.
He provides me with images of stillness, which restores my serenity.
He leads me in ways of efficiency, through calmness of mind.
And His guidance is my peace.
Even though I have a great many things to accomplish each day
I will not fret, for His presence is here.
His timelessness, His all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity
By anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruits of my hours,
For I shall walk in the pace of the Lord and dwell in His house forever.

“A Japanese version of Psalm 23” published in *Guideposts Magazine*