

He Leads Me Beside the Still Waters

Psalms 23 : 2

I have some health prescriptions for us today that will help us let God lead us beside the still waters.

Prescription number 1 – Cultivate social supports

Prescription number 2 – Pet a surrogate

Prescription number 3 – Reconcile relationships

Prescription number 4 – Serve one another

Prescription number 5 – Rest

Prescription number 6 – Laugh

Prescription number 7 – Cry

Prescription number 8 – Create appropriate boundaries

Prescription number 9 – Envision a better future

Prescription number 10 – Be rich in faith