

FROM STRESSED TO BLESSED
50 Days of Transformation - Part 2 (Physical Health)

“Peace of mind makes the body healthy.” Proverbs 14:30 (TEV)
“A relaxed attitude lengthens a man’s life.” Proverbs 14:30 (NLT)

7 SPIRITUAL HABITS THAT REDUCE STRESS
PSALM 23

1. _____
“The Lord is my shepherd, so I have all I need.” Psalm 23:1

“Since God did not spare even his own Son for us but gave him up for us, won’t he also surely give us everything else we need?” Romans 8:32 (LB)

2. _____
“He makes me lie down. . .” Psalm 23:2a

“Six days are set aside for work, but every seventh day you must rest completely, even during your seasons of plowing and harvest, you must observe a Sabbath day of rest.” Exodus 34:21

3. _____
“He makes me lie down in lush green meadows and leads me beside calm, quiet waters. He restores my soul.” Psalm 23:2-3a

“You’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly.” Philippians 4:8 (Mes)

4. _____
“He guides me in the right paths for his name’s sake.” Psalm 23:3

5. _____
“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 comfort me.” Psalm 23:4

“When I am ready to give up, he knows what I should do.” Psalm 142:3 (TEV)

6. _____
“You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows.” Psalm 23:5

“How I love you, Lord! You are my defender, my protector, and my strong fortress. In you I am safe. You protect me like a shield.” Psalm 18:1-2

7. _____
“Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.” Psalm 23:6

Jesus: “COME to me, all you that are weary and are 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. For my yoke is easy, and my burden is light.”

Matthew 11:28-30 (RSV)

When I’m “yoked” with Christ, we move together in the same _____ and the same _____.

THIS WEEK IN YOUR SMALL GROUP:
Six Reasons Your Health Matters To God