

## FROM STRESSED TO BLESSED

### 50 Days of Transformation - Part 3 (Physical Health)

**Psalm 23** “The Lord is my shepherd so I have all I need. He makes me lay down in lush green meadows. And he leads me beside calm, quiet waters. He restores my soul. He guides me in the right paths for his name’s sake. And 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 they comfort me. You prepare a table before me in the presence of my enemies. And you anoint my head with oil. My cup overflows. Surely goodness and mercy will follow me all the days of my life. And I will dwell in the house of the Lord forever.”

**Proverbs 14:30 (TEV)** “Peace of mind makes the body healthy.”

**Proverbs 14:30 (NLT)** “A relaxed attitude lengthens a man’s life.”

## 7 SPIRITUAL HABITS THAT REDUCE STRESS

### 1. LOOK TO GOD TO \_\_\_\_\_.

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

**Romans 8:32 (LB)** “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?”

### 2. OBEY GOD’S INSTRUCTION \_\_\_\_\_.

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

**Exodus 34:21** “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.”

### 3. RECHARGE MY SOUL \_\_\_\_\_.

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

**Philippians 4:8 (Mes)** “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.”

**4. GO TO GOD \_\_\_\_\_.**

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

**5. TRUST GOD \_\_\_\_\_.**

**Psalm 23:4** “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 142:3 (TEV)** “When I am ready to give up, he knows what I should do.”

**6. LET GOD \_\_\_\_\_.**

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

**Psalm 18:1-2** “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.”

**7. EXPECT GOD TO FINISH \_\_\_\_\_.**

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

**Matthew 11:28-30 (RSV)** 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.”