

TRANSFORMED

FROM STRESSED TO BLESSED

Parts 1-4

"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 _____.