



## FROM STRESSED TO BLESSED

Transformed – Rick Warren  
Parts 1-4

*"Peace of mind makes the body healthy."* Proverbs 14:30 (GNT)

*"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 (TLB)

2. \_\_\_\_\_  
*"He makes me lie down."* Psalm 23:2

*"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 23:2-3

*"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 (The Message)

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 (GNT)

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 \_\_\_\_\_**

### Next Steps

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