

## FROM STRESSED TO BLESSED

### *Transforming Grace - Part 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. LOOK TO GOD TO MEET ALL MY NEEDS.**

*“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. OBEY GOD’S INSTRUCTION ABOUT REST.**

*“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. RECHARGE MY SOUL WITH BEAUTY.**

*“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. GO TO GOD FOR GUIDANCE.**

*“He guides me in the right paths for His name’s sake.”*

Psalm 23:3

#### **5. TRUST GOD IN THE DARK VALLEYS.**

*“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. LET GOD BE MY DEFENDER.**

*“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. EXPECT GOD TO FINISH WHAT HE STARTS IN ME.**

*“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

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