

FROM STRESSED TO BLESSED

Transformed
Rick Warren

"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; I have all that I need." Psalm 23:1 (NLT)
"Since he did not spare even his own Son for us but gave him up for us all, won't he also surely give us everything else?" Romans 8:32 (TLB)
2. _____
"He makes me lie down." Psalm 23:2 (NIV)
"Six days you shall work, but every on the seventh day you shall rest. In plowing time and harvest you shall rest." Exodus 34:21 (ESV)
3. _____
*"He makes me lie down in green pastures, and he leads me beside quiet waters, he refreshes my soul." Psalm 23:2-3 (NIV)
*"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." Philipians 4:8 (MSG)**
4. _____
"He guides me along right paths, bringing honor to his name."
Psalm 23:3 (NLT)
5. _____
"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalm 23:4 (NIV)

"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, you anoint my head with oil; my cup overflows." Psalm 23:5 (NIV)
"How I love you, Lord! You are my defender. The Lord is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe." Psalm 18:1-2 (GNT)
7. _____
"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever." Psalm 23:6 (ESV)
Jesus: *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly 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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