



# TRANSFORMED

How God Changes Us

## FROM STRESSED TO BLESSED

### Physical Health

Shawn Meyer, Pastor of Reach & Connect

October 12, 2014

“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 (NLT)

“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. I NEED TO OBEY GOD’S INSTRUCTION ABOUT REST.

“He makes me lie down. . .” Psalm 23:2a (NIV)

“You are to labor six days but you must rest on the seventh day; you must even rest during plowing and harvesting times. Exodus 34:21 (HCSB)

#### 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 (TEV)

“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 (MSG)

#### 4. GO TO GOD FOR GUIDANCE.

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

#### 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 (ESV)

“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 (NIV)

“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 (GNT)

#### 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 (NIV)

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 DIRECTION and the same SPEED.

### Next Steps

- I will memorize Psalm 23:1
- I will take time out this week for a Sabbath try out.

SPIRITUAL HEALTH DEVOTIONAL THIS WEEK:

Monday, 10/13	Day 8
Tuesday, 10/14	Day 9
Wednesday, 10/15	Day 10
Thursday, 10/16	Day 11
Friday, 10/17	Day 12
Saturday, 10/18	Day 13
Sunday, 10/19	Day 14



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Play the weekly lesson from the *Transformation* DVD. The study guide in your *Transformed* workbook will provide questions for your LifeGroup to discuss and grow from this week.

Outlined below are some **additional study questions** that can be used for personal reflection and/or discussion with friends.

**Read Psalm 23**

1. Psalm 23:2 says that God “lets me rest,” which in some translations says “makes me lie down.” What does that mean in practical terms? Share a time when you knew God was leading you to lie down or rest. How did you benefit from that rest?
2. God wired all His creation, from the simplest organism to human beings, to require rest. Why do you think so many of us feel guilty when we relax? Discuss ways to overcome our tendency to work, work, work! Knowing that God has placed rest among the Ten Commandments, how important do you think this is to Him?
3. What we give our attention to raises or lowers stress. If we let them, problems can raise stress and take us further from God. Music and art are two areas of many that represent a creative expression. Share with the group some ways you enjoy expressing your creative nature. What new creative endeavor would you like to try?
4. When we are faced with conflict or opposition, it can be difficult to see the beauty in others and ourselves. In these situations, how can Philippians 4:8 help us to focus on God rather than retaliation and defensive responses?  
**Philippians 4:8** “You’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling and gracious—the best, not the worst; the beautiful, not the ugly.” (MSG)