

Transformed: Physical Health "Thou Shall Not Be Stressed"

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October 11, 2015

Psalm 23

**Seven most common stressors:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. Too many \_\_\_\_\_
5. Loss of \_\_\_\_\_
6. Every body is \_\_\_\_\_
7. \_\_\_\_\_ of the \_\_\_\_\_

"A peaceful heart leads to a healthy body..." Proverbs 14:30

**Seven spiritual habits from Psalm 23 that will reduce stress:**

1. Look to God to meet \_\_\_\_\_ my \_\_\_\_\_.
  - Never put your \_\_\_\_\_ in something you can \_\_\_\_\_.
  - \_\_\_\_\_ to \_\_\_\_\_ --- "The Lord is my shepherd"
2. \_\_\_\_\_ God's instruction about \_\_\_\_\_.
  - My \_\_\_\_\_ requires \_\_\_\_\_

Sabbath to do list:

- Rest my \_\_\_\_\_
- Refocus my \_\_\_\_\_
- Recharge my \_\_\_\_\_

“Thou Shall Not Be Stressed”

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3. Recharge my \_\_\_\_\_ with \_\_\_\_\_.

\* I was created to live in a \_\_\_\_\_ not \_\_\_\_\_

4. Go to God for \_\_\_\_\_.

- \_\_\_\_\_ causes \_\_\_\_\_ stress
- God will \_\_\_\_\_ me at the \_\_\_\_\_ time

5. Trust God in the \_\_\_\_\_.

- Loss leads to \_\_\_\_\_ or \_\_\_\_\_
- I don't have to know \_\_\_\_\_ the \_\_\_\_\_ if I  
know \_\_\_\_\_

6. Let God be my \_\_\_\_\_.

- \_\_\_\_\_ causes much stress
- My tendency is always to \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_
- I am most like Jesus when I \_\_\_\_\_  
when under attack

7. Expect God to \_\_\_\_\_ what He \_\_\_\_\_ in me.