

## 2. Reform – Physical Health

Windows is starting

down

Windows 7 | Home

# “From stressed to blessed”

Windows is starting  
slowly...

Windows 7 | Home

# Introduction:

Windows is starting  
slowly...

Windows 7 | Home

# I. 7 causes of stress in life.

Windows is starting  
slowly...

Windows 7 | Home

# A. Worry .

Windows is starting  
down...

Windows 7

# B. Hurry .

Windows is starting  
slowly...

# C. Crowds .

Windows is starting  
down...

Windows 7 | Home

# D. Multiple choices .

Windows 8.1 starting  
screen

Windows 7



# E. Loss of privacy .

Windows is starting

slowly...

Windows 7

# F. Pluralism .

Windows is starting  
down...

Windows 7 | Home

# G. Fear of the future.

Windows is starting  
down...

Windows 7 | Home

**Psalm 23:1-6 “The Lord is my shepherd so I have all I need.**

Windows 8.1 Startling

Home

Windows 7

**<sup>2</sup> He makes me lay down in lush green meadows. And he leads me beside calm, quiet waters.**

**<sup>3</sup> He restores my soul. He guides me in the right paths for his name's sake.**

**<sup>4</sup> And 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 they comfort me.**

**<sup>5</sup> You prepare a table before me  
in the presence of my enemies.  
And you anoint my head with  
oil. My cup overflows.**



**<sup>6</sup> Surely goodness and mercy [love] will follow me all the days of my life. And I will dwell in the house of the Lord forever. ”**

**Proverbs 14:30 “Peace of mind  
makes the body healthy.”** *TEV*

Windows 8.1 Startling

Home

Windows 7 Home

Proverbs 14:30 “A relaxed  
attitude lengthens a man’s  
life.” *NLT*

## II. 7 *Spiritual habits* that reduce stress.

Windows 8.1 Startling

Home

Windows 7 | Home

A. Look to God to meet all my needs.

Windows 8.1 Startling

Home

Windows 7 | Home

**Psalm 23:1 “The Lord is my shepherd so I have all I need.”**

Windows 7

Home

Windows 7

**Romans 8:32 “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?” *LB***

**B. We need to obey God's instruction about \_\_\_\_\_.**

*rest*



**Psalm 23:2 “He makes me lie  
down.”**

Windows 8.1 Startling

down

Windows 7

**Exodus 34:21, “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.”**

C. We recharge our souls with beauty.

Windows 8.1 Startling

about

Windows 7

**Psalm 23:2-3 “He makes me lie down in lush green meadows. and leads me beside calm quiet waters. He restores my soul.”**

**Philippians 4:8 says, “You'll do best by filling your minds and meditating on things that are true and noble, reputable and authentic and compelling and gracious - the best, not the worst; the beautiful, not the ugly.”** *MES*

D. Go to God for guidance .

Windows is starting  
slowly...

Windows 7 | Home

**James 1:5 “If any man lacks wisdom let him ask of God who gives to all men liberally and doesn’t condemn them or criticize them.”**

**Psalm 23:3 “He guides me in the right paths for his name's sake.”**

Windows 8.1 Startling

Home

Windows 7 Home



# E. Trust God in the dark valleys .

Windows is starting  
slowly...

Windows 7 | Home

**Psalm 23:4 “Even though I walk through the valley of the shadow of death, I will fear no evil, [Why?] for You are with me; Your rod and Your staff comfort me.”**

**Psalm 142:3 “When I am ready to give up, He [God] knows what I should do.”**

F. Let God be our defender .

Windows is starting

loading...

Windows 7

**Psalm 23:5 “You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows.”**

**Psalm 18:1-2 David “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.”**

**I. Peter 4:19 “So if you are suffering according to God's will, keep on doing what is right, and trust yourself to the God who made you, for He will never fail you.”**

**G. Expect God to finish what  
He starts in us .**

Windows 8.1 Startling

Home

Windows 8.1 Home



**Psalm 23:6 “Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”**

# So in conclusion:

Windows is starting  
slowly...

Windows 7 | 100%

**Matthew 11:28-30 Jesus invites us to, "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."**