



### Bless'em

Transformed Week 2 – Physical Health

#### The Seven Most Common Sources of Stress in Modern Life.

Worry...Hurry...Crowds...Multiple Choice...Loss...Pluralism...Fear of the Future.

The antidote to all these stressors are found in Psalm 23 – six verses, seven antidotes that correlate with the most common stresses.

Psalm 23 (NKJV) The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Yes, 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. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord Forever.

#### Seven Spiritual Habits that Reduce Stress

1) I look to God to MEET ALL my needs. (Verse 1)

Romans 8:32 (TLB) 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?

2) I need to OBEY God's instructions about REST. (Verse 2a)

Exodus 34:21 (NIV) Six days you shall labor, but on the seventh day you shall rest, even during the plowing season and harvest you must rest.

3) Recharge my SOUL with BEAUTY. (Verse 2-3a)

4) Go to God for GUIDANCE. (Verse 3)

James 1:5 (NIV) If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

5) Trust God in the DARK VALLEYS. (Verse 4)

6) Let God be my DEFENDER. (Verse 5)

Psalm 18:1-2 (NIV) I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

7) Expect God to FINISH what He STARTS in me. (Verse 6)

Matthew 11:28-30 (RSV) 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.

#### Additional Notes:

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#### scriptures that relate

Monday: 1 Corinthians 6:19-20      Wednesday: Isaiah 40:29-31      Friday: 2 Timothy 1:7  
Tuesday: 2 Corinthians 12:9a      Thursday: Philippians 4:13      Saturday: Proverbs 3:7-8

#### small groups—talk it over

- 1. The Bible says your body is God's property and that you are the dwelling place of the Holy Spirit. How does that affect the way you see yourself?
- 2. God expects you to manage your body. Why is that so important to God?
- 3. What does it look like to manage your body? How good a manager do you think you are?
- 4. Why do you think most Christians tend to put more emphasis on their spirit or mind as opposed to taking care of their bodies?

#### pastor lesley's prayer requests

- Monday:** Pray for families as they journey through TRANSFORMED together.
- Tuesday:** Pray for our students as they navigate through their social situations.
- Wednesday:** Pray for the midweek programming for all different ages.
- Thursday:** Pray for the Children's Ministry volunteers as they tirelessly pour into our students.
- Friday:** Pray for obedience in our families as they seek God to help parent their children.
- Saturday:** Pray for our pastors as they faithfully lead how and where God is directing.