

From Stressed to Blessed

50 Days of Transformation ~ Part 2 (Physical Health)

(Outline Saddleback)



Common Sources of Stress



1. Worry

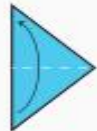


2. Hurry

1



2



3



4



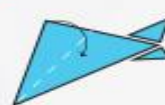
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6



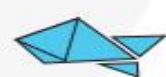
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8



9



3. Crowds

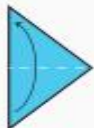


4. Multiple Choice

1



2



3



4



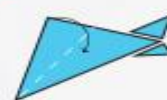
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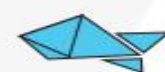
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8



9



5. Loss of Privacy



6. *Pluralism*



7. Fear of the Future



“ The Lord is my shepherd so I have all I need. He makes me lay down in lush green meadows. And he leads me beside calm, quiet waters. He restores my soul. He guides me in the right paths for his name’s sake. 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...



...You prepare a table before me in the presence of my enemies. And you anoint my head with oil. My cup overflows. Surely goodness and mercy (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



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



7 Spiritual Habits that Reduce Stress



1. LOOK TO GOD TO MEET ALL MY NEEDS



“The Lord is my shepherd so I have all I need.”

Psalm 23:1



*‘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?’
(from Romans 8)*



2. I NEED TO OBEY GOD'S INSTRUCTION ABOUT REST



“He makes me lie down...”

Psalm 23:2



My best requires rest.



“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.”

Exodus 34:21



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 23:2-3



4. GO TO GOD FOR *GUIDANCE*



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



5. TRUST GOD'S IN THE *DARK VALLEYS*



“Even though I walk in 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



“When I am ready to give up, he knows what I should do.”

Psalm 142:3



6. LET GOD BE MY DEFENDER



**Little people belittle people.
Great people make people feel great.**



*“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



“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

