

PHYSICAL HEALTH:

From Stressed to Blessed

TRANSFORMED



50 DAYS OF TRANSFORMATION

Part 2 — Physical Health

THEME VERSE:

“Do not conform to the pattern of this world but be transformed by the renewing of your mind.”
— Romans 12:2

“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 REDUCES STRESS

1. _____ TO MEET ALL MY NEEDS.

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

“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)

“According to your faith will it be done to you.”
— Matthew 9:29

7 SPIRITUAL HABITS THAT REDUCES STRESS

2. _____ GOD’S INSTRUCTIONS ABOUT _____.

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

“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

WHAT DO I DO ON MY SABBATH?

- ◆ _____ My Body
- ◆ _____ My Spirit
- ◆ _____ My Emotions

3. _____ MY SOUL WITH _____.

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

3 Suggestions:

- 1) Get outside every day.
- 2) Start the day with God not the media
- 3) Intentionally put beauty around you.

“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 (Mes)

4. GO TO GOD FOR _____.

AFFIRMATION:

GOD WILL GUIDE ME AT THE _____.

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

— Psalm 23:3

5. TRUST GOD IN THE _____.

*“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

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

Psalm 142:3 (TEV)

6. LET GOD BE MY _____.

*“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

**7. EXPECT GOD TO _____ WHAT HE _____
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

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)

PRINCIPLE OF LIFE TRANSFORMATION

When I’m “yoked” with Christ, we move together in the

MY NEXT STEP TODAY IS TO...

- Memorize 1 Corinthians 6:19-20 this week.
- Commit to honoring a Sabbath Rest in my week!
- Trusting God to meet all my needs even in Dark Valleys.
- Beginning inviting people to Easter services.

**THIS WEEK IN YOUR SMALL GROUP:
Six Reasons Your Health Matters To God**