

TRANSFORMED: Stressed to Blessed

Psalm 23:1-6



The Fidget Cube

I want to talk to you about going from **stressed to blessed**. And the way to do that is not buying a fidget cube, but taking a look at what God has to say about your *physical health*.

Did you know that God cares about your body?

1 Corinthians 6:19-20 NIV - read out loud

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Memory Verse of the Week

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."



I want us to look at **the effect of stress on your body**, and what the Bible says is the anti-dote to the most common stresses in your life.

7 Most Common Sources of Stress

1. **Worry**
2. **Hurry**
3. **Crowds**
4. **Multiple Choices**
5. **Loss of Privacy**
6. **Pluralism**
7. **Fear of Future**

I want to take a Sunday morning walk together through Psalm 23.

5 WAYS TO LOWER STRESS IN YOUR LIFE

1. Look to God to meet your needs

Rom 8:32

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

Stop looking to others and start worshipping God.

2. Rest in Obedience to God

Psalms 23:2

He makes me lie down in green pastures, he leads me beside quiet waters.

Your one day of rest will bless the rest!

Now what are we supposed to do on our sabbath (day of rest)?

- 1) Rest your body.
- 2) Refocus your spirit.
- 3) Recharge your emotions.

We need a day of rest if we want a life that is blessed.

3. Recharge your soul with beauty.

Psalm 23:2-3a

He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil. He restores my soul.

You need to add beauty into your life. Here's 3 ways:

- 1) Touch something green and alive everyday.
- 2) Pick up Bible before your phone.
- 3) Surround yourself with beauty.

Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us.

~ Martin Luther

4. Trust God to guide you in the dark valleys.

Did you know that even God grieves?

Psalm 23:3b-4a

He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil. He restores my soul. God will guide you on the path that is for your good and His glory.

5. Let God be your revenger and rewarder.

Psalm 23:5-6

You prepare a table for me in the presence of my enemies... surely goodness and

Let us do nothing through passion and ill temper... neither let us be slandered from our duty by false accusations against ourselves... Let us have faith and in that faith let us to the end dare to do our duty as we understand it.

- Abraham Lincoln

love will follow me all the days of my life.

When you respond to criticism like Christ you actually gain a blessing.

GOING FROM LESS STRESSED TO MORE BLESSED:

1. If you will look to God to meet your needs.
2. Obey God's instructions to rest and worship Him every week.
3. If you will find a way to recharge your soul with beauty.
4. And trust God to guide you in the dark valleys.
5. If you will let God be your revenger and rewarder.

Action items:

Going to WOW

Going to take a Sabbath each week (a true day of rest)

Review this and the entire Spiritual Growth Series at GTChurch.ca/Growth-Series