

TRANSFORMING MY PHYSICAL HEALTH

Series: *Metamorphosis 101* (part 3)

August 1, 2021

Proverbs 14:30

"Peace of mind makes the body healthy." (TEV)

SIX HABITS THAT REDUCE STRESS

(Psalm 23)

1. _____

"The Lord is my shepherd, I have all that I need." Psalm 23:1 (NLT)

"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 (NLT)

2. _____

"He makes me lie down in green pastures..." Psalm 23:2

"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. _____

"He makes me lie down in lush green meadows and leads me beside calm waters, he restores my soul." Psalm 23:2-3 (TEV)

"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..." Philippians 4:8 (MSG)

4. _____

"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." James 1:5 (NIV)

"He guides me in the right paths for his name's sake." Psalm 23:3b (TEV)

5. _____

"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." Ps 23:4 (NIV)

6. _____

"You prepare a table before me in the presence of my enemies. You anoint my head with oil, my cup overflows." Psalm 23:5 (NIV)