



FROM STRESSED TO BLESSED

(TRANSFORMED - PHYSICAL HEALTH - PSALM 23)

When we come to faith in the Lord Jesus as our God and Savior, He begins a miraculous process of transforming us spiritually, physically, mentally, emotionally, relationally, financially and vocationally. Spiritual transformation, as we learned last Sunday, is the foundation for transformation in all the other areas of life. This Sunday we are going to focus on the physical side of transformed living. And as we do, we need to come to a realization. For many of us, probably most of us, stress is ruining us. For some, it is literally killing you. Now the right kind and the right amount of stress is healthy and necessary. If a semi-truck is about to run you over and your stress response causes you to jump out of the way, well that's a good thing. But the kind of physical stress issue that we're talking about today is **chronic stress**. This level of stress fills us with fear and frustration. It causes us to fail God, others and ourselves. Chronic stress never shuts down. It is devastating to our physical health, and it damages our brains. It can end your life prematurely. It can also destroy your enjoyment of life. Worst of all, it will diminish your testimony for Jesus in the eyes of those you are closest to and love the most. Thankfully, God wants to transform us **from stressed to blessed**. The most famous Psalm in the Bible, **Psalm 23**, tells us how God will do that for you and me if we let Him.

TODAY'S BIG-TIME STRESSORS

SEVEN SPIRITUAL HABITS THAT REDUCE STRESS

1. (v. 1) Look to God to ...

2. (v. 2) Obey God's Instructions ...

3. (vv. 2-3) Recharge My ...

4. (v. 3) Go to God for His ...

5. (v. 4) Trust God in the ...

6. (v. 5) Determine to Let God be My ...

7. (v. 6) Rely Upon God to ...