



## **HOW DO I REDUCE THE STRESS IN MY LIFE?**

Reboot - Part 2 (Physical Health)

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*Peace of mind makes the body healthy. (Proverbs 14:30 TEV)*

### **7 SPIRITUAL HABITS THAT REDUCE STRESS**

PSALM 23

**1. I LOOK TO GOD 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)*

**2. I OBEY GOD'S INSTRUCTION ABOUT REST.**

*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)*

**3. I 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 23:2-3a)*

*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 MSG)*

**4. I GO TO GOD FOR GUIDANCE.**

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

**5. I TRUST GOD IN THE DARK VALLEYS.**

*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. I LET GOD BE MY DEFENDER.**

*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. I EXPECT GOD TO FINISH WHAT HE STARTS 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)*

- When I'm "yoked" with Christ, we move together in the same **DIRECTION** and the same **SPEED**.