

TRANSFORMED

Physical Health

10-2-22

1. Causes of stress:

- _____
- **Hurry**
- _____
- **The future**

2. **Transformed** (metamorphosis) describes a change from within. The world wants to change our mind, so it exerts pressure from the outside. But God wants to transform our life from within by the renewing of our _____.

3. If we will begin to think and _____ as He thinks and see, then we will begin to think and _____ as he says.

4. Margins in your life mean that you actually enjoy all the things that you're doing. Life is better with margins because you're not doing all the things you could do and you're not doing all the things that everybody else is doing. Stress is decreased and your physical, mental and emotion health is balanced.

*Why do we fill our lives up with so much that it causes us stress?

1. What drives our overloaded lives? _____

- Fear of _____ out.
- Fear of _____ behind.
- Fear of not having _____.

Romans 12:1-2-Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

2. The real question is: How much do I really _____
the God who knows my name and cares for me as an individual?

3. He instituted the Sabbath. God began to teach his people at a core level that they had to _____ him.

Mark 2:27-28- Then he said to them, "The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath."

4. He instituted the tithe. God began to teach his people that in that area of finances, He could be _____.

5. He instituted the law of Gleaning. God began to teach them that he does not want you to take everything to the limit. He wants there to be margins, and in these margins God wants you to know that He can be _____.

Leviticus 19:9-10- "When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. ¹⁰ Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the alien. **I am the Lord your God.**"

Matthew 6:25-32- "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Who of you by worrying can add a single hour to his life? ²⁸ And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² **For the pagans** run after all these things, and your heavenly Father knows that you need them."

The Challenge: What if you really _____ that your heavenly Father knows all of your needs?

Matthew 6:33 - But seek **first** his kingdom and his righteousness, and **all these things** will be **given** to you as well.

The Reality: Something or someone is going to determine the _____ that you live by. It will either be the ways of the world (missing out, falling behind or not have enough) or a renewed mind that is being transformed in the way that you think about God. He can be _____ !