

# From Stressed To Blessed

*Transformed - Part 3*

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*“Peace of mind makes the body healthy.”*

**Proverbs 14:30 (TEV)**

*“A relaxed attitude lengthens a man’s life.”*

**Proverbs 14:30 (NLT)**

## 7 SPIRITUAL HABITS THAT REDUCE STRESS

### PSALM 23

1. \_\_\_\_\_

*“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. \_\_\_\_\_

*“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. \_\_\_\_\_

*“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 (Mes)**

4. \_\_\_\_\_

*“He guides me in the right paths for his name’s sake.”*

**Psalm 23:3**

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.”*

**Psalm 23:4**

*“When I am ready to give up, he knows what I should do.”*

**Psalm 142:3 (TEV)**

6. \_\_\_\_\_

*“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. \_\_\_\_\_

*“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 \_\_\_\_\_ and the  
same \_\_\_\_\_.**