

Transformed in Physical Health
January 15, 2017

"The Lord is my shepherd so I have all I need. He makes me lay down in lush green meadows. And he leads me beside calm, quiet waters. He restores my soul. He guides me in the right paths for his name's sake. And 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 they comfort me. You prepare a table before me in the presence of my enemies. And you anoint my head with oil. My cup overflows. Surely goodness and mercy will follow me all the days of my life. And I will dwell in the house of the Lord forever." Psalm 23

What Psalm 23 Teaches Us about Reducing Stress

1. 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 NEED TO 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. 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." Philipians 4:8 (Mes)

4. GO TO GOD FOR GUIDANCE

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

5. TRUST GOD'S 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. 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. 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)