

**MOVING FROM BEING STRESSED TO BLESSED:  
PHYSICAL HEALTH  
PS. 23:1-6**

**What stresses us out?**

- **Worry.**
- **Hurried.**
- Too **many** people.
- Way too **many** choices.
- Loss of **privacy.**
- **Pluralism.**
- Fear of the **future.**

**What to do to overcome stress to being blessed. Ps. 23:1-6**

- I need to look to God to **meet** my needs (not wants). Ps. 23:1; Phil. 4:6, 11-12, 19, 1 Cor. 6:19-20; John 10:27; Matt 6:34; Rom. 8:32
- I need to **obey** God's Word about rest. Ps. 23:2-3; 46:10; 127:2; Ex. 20:8-9; 23:12; 34:21; Mark 2:27-28
- I need to **recharge** my spirit with God's beauty. Ps. 23:2-3; Gen. 1:1-31; Ps. 65:5-13; Ez. 34:14
- I need to go to **God** for His guidance and direction. Ps. 23:3; 25:3-4, 9-10; Prov. 3:5-6; John 14:1-6; Ps. 119:1, 97-105; Prov. 14:12; Matt. 26:36-46
- I need to **trust** God in the valleys of life. Ps. 23:4; 2 Tim. 1:7; 2 Cor. 12:1-10; 11:23-29; Phil. 4:13; Gal. 2:20
- I need to **know** God is my defender. Ps. 23:5; 18:1-2; 31:15; 37:23-24; 40:2-3; 59:9; Is. 53:7; Matt. 26:63; 27:12; John. 19:9; 1 Pet. 4:19
- I need to expect God to **finish** what He started. Ps. 23:6; Phil. 4:13; Gal. 2:20; Rom. 5:1; 2 Cor. 5:17; 2 Pet. 1:4; 2 Tim. 1:12; 1 Pet. 1:2; 1 Thess. 4:2; Phil. 1:6