

## GETTING CLOSER TO GOD: PHYSICAL HEALTH - Psalm 23

### SERIES: BE TRANSFORMED

<sup>2</sup> And do not be conformed to this world, but **be transformed** by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. *Romans 12:2 (NASB)*

<sup>30</sup> Peace of mind makes the body healthy, but jealousy is like a cancer. *Proverbs 14:30 (TEV)*

<sup>30</sup> A relaxed attitude lengthens a man's life; jealousy rots it away. *Proverbs 14:30 (TLB)*

### SEVEN SPIRITUAL HABITS FROM PSALM 23 THAT REDUCE STRESS

#### 1. LOOK TO \_\_\_\_ TO MEET ALL MY \_\_\_\_\_

<sup>1</sup> Because the Lord is my Shepherd, I have everything I need! *Psalm 23:1 (TLB)*

<sup>31</sup> In view of all this, what can we say? If God is for us, who can be against us? <sup>32</sup> Certainly not God, who did not even keep back his own Son, but offered him for us all! He gave us his Son—will he not also freely give us all things? *Romans 8:31-32 (TEV)*

<sup>15</sup> This is what the Sovereign LORD, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it. *Isaiah 30:15 (NLT)*

#### 2. OBEY GOD'S \_\_\_\_\_ ABOUT \_\_\_\_\_

<sup>2</sup> He makes me lie down in green pastures. *Psalm 23:2a (NIV)*

<sup>27</sup> Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup> So the Son of Man is Lord, even over the Sabbath!" *Mark 2:27-28 (NLT)*

<sup>21</sup> "Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest. *Exodus 34:21 (NIV)*

#### 3. \_\_\_\_\_ MY SOUL WITH \_\_\_\_\_

<sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup> he restores my soul. *Psalm 23:2-3a (NIV)*

<sup>8</sup> For the rest, brethren, whatever is true, whatever is worthy of reverence *and* is honorable *and* seemly, whatever is just, whatever is pure, whatever is lovely *and* lovable, whatever is kind *and* winsome *and* gracious, if there is any virtue *and* excellence, if there is anything worthy of praise, think on *and* weigh *and* take account of these things [fix your minds on them].

*Philippians 4:8 (AMP)*

#### 4. \_\_\_\_\_ TO GOD FOR \_\_\_\_\_ <sup>3</sup>... He guides me in paths of righteousness for his name's sake. *Psalm 23:3b (NIV)*

<sup>5</sup> If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. <sup>6</sup> But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. <sup>7</sup> For that person must not suppose that he will receive anything from the Lord; <sup>8</sup> he is a double-minded man, unstable in all his ways. *James 1:5-8 (ESV)*

#### 5. TRUST GOD \_\_\_\_\_ THE \_\_\_\_\_

<sup>4</sup> 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. *Psalm 23:4 (NIV)*

<sup>3</sup> When I am ready to give up, he knows what I should do. In the path where I walk, my enemies have hidden a trap for me. *Psalm 142:3 (TEV)*

#### 6. LET GOD BE MY \_\_\_\_\_

<sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. *Psalm 23:5 (NIV)*

<sup>1</sup> How I love you, LORD! You are my defender. <sup>2</sup> The LORD is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe. *Psalm 18:1-2 (TEV)*

<sup>11</sup> "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup> Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you. *Matthew 5:11-12 (ESV)*

#### 7. \_\_\_\_\_ GOD TO \_\_\_\_\_ WHAT HE \_\_\_\_\_ IN ME

<sup>6</sup> 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 (NIV)*

<sup>3</sup> I thank my God in all my remembrance of you. <sup>4</sup> always in every prayer of mine for you all making my prayer with joy, <sup>5</sup> because of your partnership in the gospel from the first day until now. <sup>6</sup> And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. *Philippians 1:3-6 (ESV)*

<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

<sup>30</sup> For my yoke is easy, and my burden is light." *Matthew 11:28-30 (ESV)*

➤ *When I am yoked with Christ, we move in the same \_\_\_\_\_ and the same \_\_\_\_\_.*