

## 50 Days of Transformation – Physical Health Outline Jan 20, 2019 – Psalm 23

When you're overwhelmed and s\_\_\_\_\_, go to God for true r\_\_\_\_\_.

### Psalm 23

*The LORD is my shepherd, I lack nothing. <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,*

*<sup>3</sup> He refreshes my soul. He guides me along the right paths for his name's sake. <sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. <sup>6</sup> Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.*

3 spiritual habits to manage our physical stress: R\_\_\_\_\_, R\_\_\_\_\_, R\_\_\_\_\_.

1) Refuel: God g\_\_\_\_\_ all that I n\_\_\_\_\_.

Refuel means to r\_\_\_\_\_ our r\_\_\_\_\_ that are depleted.

God wants us to be independently dependent on Him.

### Romans 8:32

*<sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?*

If God loves you enough to send Jesus Christ to die on the cross, don't you think he loves you enough to take care of every other need in your life?

2) Rest: God is w\_\_\_\_\_ me.

### Exodus 34:21

*<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.*

The Sabbath is not meant to be a b\_\_\_\_\_ but a b\_\_\_\_\_.

The God of Sabbath is our rest.

### Psalm 23:4

*<sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

3) Refocus: God is m\_\_\_\_\_ than e\_\_\_\_\_.

When you go to God to refuel, when you go to God to rest, a natural result is to refocus.

### Psalm 143:3

*For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead.*

God is our rest, God is our home.

T.S. Eliot: "The end of all our exploring will be to arrive where we started and know the place for the first time."

Application:

1) K\_\_\_\_\_ the Good Shepherd

### John 10:14-15

*<sup>14</sup> I am the good shepherd. I know my own and my own know me, <sup>15</sup> just as the Father knows me and I know the Father; and I lay down my life for the sheep.*

2) Take T\_\_\_\_\_

3) Reduce S\_\_\_\_\_ Time

Do some sort of r\_\_\_\_\_n to r\_\_\_\_\_ and r\_\_\_\_\_ your emotions in a healthy way.

When you're overwhelmed and stressed, go to God for true rest.