

**From Stressed To Blessed
Transformation Series, Part 4**

Text: Psalm 23

1. Look to God to meet all my _____ [*Psa. 23:1; Rom. 8:32; Isa. 30:15*]

"The Lord is my shepherd so I have all I need [I shall not want]." **Psa. 23:1**

Personal Affirmation: The Lord is my shepherd. I will trust God to meet my needs!

2. Obey God's instruction about _____ [*Psa. 23:2a; Ex. 34:21*]

"He makes me lie down..." **Psa. 23:2a**

What am I supposed to do on my Sabbath?

- Rest my body
- Refresh my spirit
- Recharge my emotions

3. Recharge my soul with _____ [*Psa. 23:2-3a; Phil. 4:8*]

"He makes me lie down in lush green meadows and leads me besides calm, quiet waters. He restores my soul." **Psa. 23:2-3a**

4. Look to God for _____ [*Psa. 23:3; Jam. 1:5; Psa. 16:8*]

"He leads me in the rights paths for his name's sake." **Psa. 23:3**

5. Trust God in the _____ valleys [*Psa. 23:4; Psa. 84:6; Psa. 142:3*]

"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." **Psa. 23:4**

6. Let God be my _____ [*Psa. 23:5; Psa. 18:1-2; 1 Pet. 4:19*]

"You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows." **Psa. 23:5**

7. Expect God to _____ what He starts in me [*Psa. 23:6; Mat. 11:28-30*]

"Surely goodness and love [*lovingkindness*] will follow me all the days of my life, and I will dwell in the house of the Lord forever." **Psa.23:6**

When I'm yoked with Christ we move together
in the same direction and at the same speed.

Call to Action: Look at these seven habits to reduce stress and apply them all to your life as God leads you.

Memory Verse

"The Lord is my shepherd so I have all I need." **Psa. 23:1**

Fill Ins:

Needs, Rest, Beauty, Guidance, Dark, Defender, Finish