

TRANSFORMED

How Jesus Changes Everything

September 4, 2016
centerchurchsd.com

Stressing Less

³⁰ Peace of mind makes the body healthy.

Proverbs 14:30 (GNT)

Today's Biggest Stresses:

- ✓ HURRY and WORRY.
- ✓ Multiplied PEOPLE.
- ✓ Multiplied CHOICES.
- ✓ Minimized PRIVACY.
- ✓ Crumbling CULTURAL SUPPORTS.
- ✓ FEAR of the FUTURE.

Spiritual Habits For Stressing Less:

1. Look to GOD to meet all my NEEDS.

¹ The LORD is my shepherd; I have all that I need.

Psalm 23:1 (NLT)

³² If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us?

Romans 8:32 (MSG)

2. Obey God's REST and RELAXATION command.

² He makes me lie down in green pastures...

Psalm 23:2a (NIV)

²¹ You have six days in which to do your work, but do not work on the seventh day, not even during plowing time or harvest.

Exodus 34:21 (GNT)

3. OFFER UP my SURRENDER.

² He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul...

Psalm 23:2,3 (NIV)

4. Go to God for GUIDANCE.

³ He guides me along right paths, bringing honor to his name.

Psalm 23:3 (NLT)

5. TRUST God in the dark VALLEYS.

⁵ 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)

6. RELY on God as my DEFENDER.

²⁰ And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him... ²² ...his father said to the servants, "Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet!"

Luke 15:20, 22 (NLT)

7. EXPECT God to FINISH what He STARTS in me.

⁶ 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.

Psalm 23:6 (NIV)

²⁸ "Come to me, all of you who are tired and have heavy loads, and I will give you rest.

²⁹ Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. ³⁰ The teaching that I ask you to accept is easy; the load I give you to carry is light!"

Matthew 11:28-30 (NCV)

Bible Translations

We use multiple translations to help you gain a rich, well-rounded understanding of God's Word. And we look them up for you.

GNT Good News Translation NLT New Living Translation MSG The Message NIV New International Translation NCV New Century Version

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- ✓ Multiplied _____.
- ✓ Multiplied _____.
- ✓ Minimized _____.
- ✓ Crumbling _____.
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