

*50 Days of Transformation*  
**From Stressed to Blessed**

**I. Introduction**

**II. Most Common Sources of Stress**

- A. Worry
- B. Hurry
- C. Crowds
- D. Multiple choices
- E. The fear of the future

**III. Spiritual Habits that Reduce Stress**

- A. Look to God to meet all your needs
  - 1. Psalm 23:1 (NAS) *The LORD is my shepherd, I shall not want.*
- B. Obey God's instructions about rest
  - 1. Genesis 2:2 (NAS) *By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done.*
  - 2. Psalm 23:2 (NAS) *He makes me lie down in green pastures; He leads me beside quiet waters.*
  - 3. My best requires rest!
  - 4. Exodus 34:21 (NAS) *"You shall work six days, but on the seventh day you shall rest: even during plowing time and harvest you shall rest."*
  - 5. What to do on my Sabbath:
    - a. Rest your body
    - b. Refocus your spirit on God
    - c. Recharge your emotions

C. Go to God for guidance

1. James 1:5 (NAS) *But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.*
2. Psalm 23:3 (NAS) *He guides me in the paths of righteousness for His name's sake.*

D. Trust God in the dark valleys

1. Psalm 23:4 (NAS) *Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.*

E. Let God be your defender

1. Psalm 23:5 (NAS) *You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows.*

F. Expect God to finish what He starts in you

1. Psalm 23:6 (NAS) *Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of the LORD forever.*

#### IV. Conclusion