

How To Move From Being Stressed To Blessed!

Psalm 23

Sermon Series: Transformed, Pt.2

September 14, 2014

Proverbs 14:30, *A heart at peace gives life to the body, but envy rots the bones.*

7 Major Sources Of Stress

Worry Work Problems Indecision
Loss Opposition Fear

Seven Spiritual Habits For Moving From Stressed To Blessed:

HABIT #1: I Must Look To God To Meet ALL MY NEEDS

Psalm 23:1, *The LORD is my shepherd, I lack nothing.*

Romans 8:3, *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?*

Isaiah 30:15, *This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.*

Affirmation: I Trust GOD To Meet All My Needs

HABIT #2: I Must Obey God’s Instruction About REST

Psalm 23:2, *He makes me lie down in green pastures...*

Exodus 20:8, *“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

Exodus 34:21, *“Six days you shall labor; but on the seventh day you shall rest; even during the plowing season and harvest you must rest.”*

Affirmation: I Trust God When I Rest

HABIT #3: I Must Recharge My Soul With BEAUTY

Psalm 23:2-3, *He makes me lie down in green pastures, He leads me beside quiet waters, ³He refreshes my soul.*

Philippians 4:8, *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Affirmation: I Enjoy The Beauty God Has Created

HABIT #4: I Must Go To God For GUIDANCE

Psalm 23:3, *...He guides me along the right paths for His name's sake.”*

Affirmation: God Will Guide Me At The Right Time

HABIT #5: I Must Trust God In The DARK VALLEYS

Psalm 23:4, *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.*

Psalm 142:3, *When my spirit grows faint within me, it is You who watch over my way. In the path where I walk people have hidden a snare for me.*

Affirmation: I Don’t Have To Know The Answers If I Know God

HABIT #6: I Must Let God Be My DEFENDER

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

Psalm 18:1-2, *I love you, LORD, my strength. ²The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.*

1 Peter 2:21, *To this you were called, because Christ suffered for you, leaving you an example, that you should follow in His steps. ²²“He committed no sin, and no deceit was found in His mouth.” ²³When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly.*

Affirmation: God Will Take Care Of Me

HABIT #7: I Must Expect God To Finish What He

STARTS IN ME

Psalm 23:6, “*Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*”

Matthew 11:28-30, “*Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.*”

Affirmation: God Will Finish What He Started In Me

My Part In Letting God Transform My Life:

- 1) Attend a service (9:30a, 11:00a, 6:15p)
- 2) Join a Life Group on Sunday mornings
(8:30a, 9:30a or 11:00a)
- 3) Join a Home Group (visit tables in Atrium)
- 4) Buy a Daily Transformed Study Guide
- 5) Follow The Pastor’s Daily Transformed thoughts and staff blogs. (www.johnmarkcaton.com; FB: John Mark Caton; Twitter: @JohnMarkCaton; or www.cottonwoodcreek.org)