



## MY PHYSICAL HEALTH

### “Learning to Deal with Stress”

Psalm 23

January 28, 2024

## 7 SPIRITUAL HABITS THAT REDUCE STRESS

### 1) I must look to the Lord to meet all my needs.

“The Lord is my shepherd, so I have all I need.” Psalm 23:1

“Since God did not spare even his own Son for us but gave him up for us, won’t he also surely give us everything else we need?”

Romans 8:32 (LB)

### 2) I need to obey the Lord’s instructions about rest.

“He makes me lie down...” Psalm 23:2a

“Six days are set aside for work, but every seventh day you must rest completely, even during your seasons of plowing and harvest, you must observe a Sabbath day of rest.” Exodus 34:21

### 3) I need to recharge my soul in the Lord’s beauty.

“He makes me lie down in lush green meadows and leads me beside calm, quiet waters. He restores my soul.” Psalm 23:2-3a

“You’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly.” Philippians 4:8 (The Message)

### 4) I need to go the Lord for His guidance & direction

“He guides me in the right paths for his name’s sake.” Psalm 23:3

**5) I must trust the Lord in the dark valleys.**

“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.” Psalm 23:4

“When I am ready to give up, he knows what I should do.”  
Psalm 142:3 (TEV)

**6) I need to let the Lord be my defender.**

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

“How I love you, Lord! You are my defender, my protector, and my strong fortress. In you I am safe. You protect me like a shield.”  
Psalm 18:1-2

**7) I need to expect the Lord to finish what He started in me.**

“Surely 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

Jesus: “COME to me, all you that are weary and are carrying heavy burdens, and I will give you rest. TAKE my yoke upon you, and LEARN from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30 (RSV)

**When I’m “yoked” with Christ, we move together in the same direction and the same speed.**

## **RESPONSE QUESTIONS:**

1. It says, God “lets me rest,” while other translations say “makes me lie down.” What does that mean in practical terms? Share a time when you knew God was leading you to lie down. How did you benefit from that rest?
2. God wired all his creation, from the simplest organisms to human beings, to require rest. Why do you think so many of us feel guilty when we relax? What are some ways you can overcome your tendency to work, work, work!?
3. God made nature beautiful for His glory, your enjoyment, & your health. When we recharge our souls with beauty we are restored & stress is released. Where are your green meadows & peaceful streams? What renews your strength?
4. What we give our attention to raises or lowers stress & problems can raise stress & take us further from God. What are some ways you enjoy expressing your creative nature? What new creative endeavor would you like to try?
5. “When we are faced with conflict or opposition, it can be difficult to see the beauty in others and ourselves. In these situations, how can Philippians 4:8 help us to focus on God rather than retaliation and defensive responses?