

# From Stressed to Rest

*Peace of mind makes the body healthy.* Proverbs 14:30 (TEV)

*A relaxed attitude lengthens a man's life.* Proverbs 14:30 (NLT)

## 7 Spiritual Habits That Reduce Stress

PSALM 23

### 1. Rehearse My Blessings

*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. Establish the Rhythm of 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. Remember to Vacate

*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 (MSG)

### 4. Trust the GPS (God Positioning System)

*He guides me in the right paths for his name's sake.* Psalm 23:3

### 5. Walk Confidently

*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. Expect the Lord's Protection

*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. Keep the End in Mind

*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)