

**TRANSFORMED:
FROM STRESSED TO BLESSED**
09/25/2016 • STEVE HILL • PSALM 23



BIG IDEA

Even in stressful circumstances, God meets all my needs.

OUTLINE

1. Look to God to meet all my needs
2. I need to obey God's instruction about rest.
3. Recharge my soul with beauty
4. Go to God for Guidance
5. Trust God in the dark valleys
6. Allow God to be my defender
7. Expect God to finish what He starts in me

DISCUSSION QUESTIONS

1. The Bible says your body is God's property and, if you trust in Jesus, you are the dwelling place of the Holy Spirit. Knowing this fact, how does that affect the way you see yourself?
2. Why do you believe it's important to God to manage your body?
3. We all have different body types, what does a healthy management of your body mean to you?
4. What is an effective way for you to balance focusing on developing your mind/spirit (heart) and your body?

NEXT STEPS

- ☐ I will commit to doing at least one healthy thing for my body each day this week.