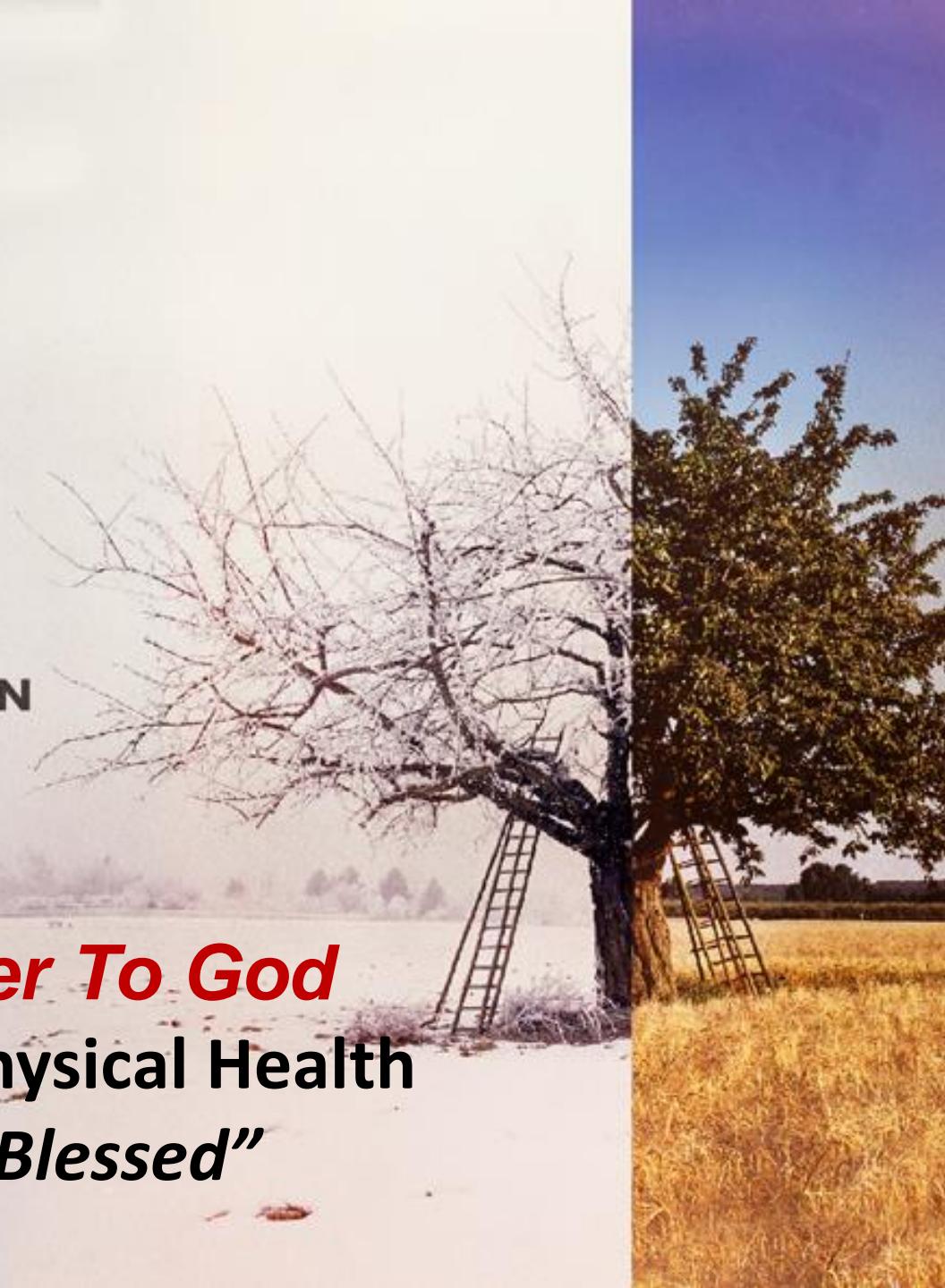


50 DAYS *of*
TRANSFORMATION

How To Get Closer To God
“Transformed in My Physical Health
From Stressed To Blessed”



Stress is the body's reaction to any change that requires an adjustment or response.

The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life.

You can experience **stress** from your environment, your body, and your thoughts.

7 SOURCES OF STRESS IN MODERN LIFE:

1. Worry
2. Hurry
3. Crowds
4. More Choices
5. Loss of Privacy
6. Pluralism
7. Fear of the Future

PROVERBS 14:30

Amplified

A calm and undisturbed mind and heart
are the life and health of the body, but
envy, jealousy, and wrath are like
rotteness of the bones.

1. Look To God To Meet All My Needs.

PSALM 23:1

New Living Translation

The Lord is my shepherd, so I have all I need.

ROMANS 8:32

Living Bible

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?

2. Obey God's Instructions About Rest.

PSALM 23:2

New Living Translation

He makes me lie down...

EXODUS 34:21

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.

WHAT DO I DO ON MY SABBATH?

WHAT DO I DO ON MY SABBATH?

1. Rest My Body
2. Refocus My Spirit
3. Recharge My Emotions

3. Recharge My Soul With Beauty.

PSALM 23:2-3

He makes me lie down in lush green meadows
and leads me beside calm, quiet waters. He
restores my soul.

PHILIPPIANS 4:8

Message

You'll do best by filling your mind and meditating on things true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful, not the ugly.

4. Go To God For Guidance.

PSALM 23:3

He guides me in the right paths for
His name's sake.

5. Trust God In The Dark Valleys.

PSALM 23:4

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 142:3

Today's English Version

When I am ready to give up, He knows what I should do.

6. 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

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.

1 PETER 4:19

New Living Translation

So if you are suffering according to God's will, keep on doing what is right, and trust yourself to the God who made you, for He will never fail you.

7. 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

Revised Standard Version

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; ...

MATTHEW 11:28-30

Revised Standard Version

... 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."