

New Lifestyle: Moving From Being Stressed Out To Blessed! Renewed Pt. 6

October 6, 2019

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Renewed: Living Life God's Way! Pt. 6

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

7 Major Sources Of Stress

Worry

Work

Fear

Loss

Health

Finances

Problems

Indecision

Opposition

Seven Habits For Living A Blessed Life:

Habit #1: Trust God To Meet ALL YOUR NEEDS

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

Romans 8:32, *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?***

Philippians 4:19, *And my God will **meet all your needs according to the riches of His glory in Christ Jesus.***

Question: Do I Trust God To Meet My Needs?

Habit #2: Obey God's Instruction About SPIRITUAL REST

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

Exodus 20:8, *“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but 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. 11 For 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.*

Question: Is The Sabbath A Priority In My Life?

Habit #3: Renew Your Body, Mind, And Soul With GOD'S BEAUTY

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

Question: Do I Enjoy The Beauty God Has Created?

Habit #4: Go To God For GUIDANCE

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

Question: Do I Ask God To Show Me The Right Paths?

Habit #5: Rely On 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.

Question: Do I Rely On God When I Don't Have All The Answers?

Habit #6: Count On God To DEFEND YOU

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, *I love you, LORD, **my strength**. 2 The 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." 23 When 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.*

Question: Do I Believe God Will Ultimately Give Me The Victory?

Habit #7: Believe God Will Finish What He STARTED IN YOU

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**."*

Philippians 1:4, *In all my prayers for all of you, I always pray with joy... 6 being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.*

Question: Am I Letting God Continue His Work In Me?

Action Steps:

- Make Worship a priority during the Renewed Series: Saturday 5:00p, Sundays 9:30a & 11:00a, or Online at www.cottonwoodcreek.org
- Go by the Connect Wall and find a Life Group or Home Group to join for the Renewed Series.
- Read or listen to the Pastor's Daily Devotional on social media FB: John Mark Caton or Instagram.
- Get the Renewed verse of the day by texting VERSE to 77978.