



# Physical Health

## Psalm 23

### 7 things that cause stress most often in today's lifestyle.

1. Worry.
2. Hurry.
3. Crowds.
4. Modern stress is multiple choice.
5. Loss of privacy.
6. Pluralism.
7. The fear of the future.

### 7 spiritual habits that reduce stress.

1. Look to God to meet all my n\_\_\_\_\_.
2. I need to obey God's instruction about r\_\_\_\_\_.
  - Rest my body.
  - Refocus my spirit.
  - Recharge my emotions.
3. Recharge my soul with b\_\_\_\_\_.
  - Get outside every day.
  - Start the day with God not the media.
  - Intentionally put beauty around you.
4. Go to God for g\_\_\_\_\_.
5. Trust God in the d\_\_\_\_\_ valleys.
6. Let God be my d\_\_\_\_\_.
7. Expect God to finish what he s\_\_\_\_\_ in me.