

Sunday Celebration

Gathering Song

"Crown Him (Majesty)"

Greeting & Welcome

*Worship Songs

"God Is Able"

"Cornerstone"

Joys & Prayers

Offering & Tithe

Offering Song

"Unfailing Love"

Scripture

Psalm 23 (NLT)

Message

"Transformed: From Stressed to Blessed" Jack D. Cohen

*Response/Prayer Time

"Lord, I Need You"

*Closing

"Always"



We hope that the worship service today has helped you know & grow closer to the Lord. If you are visiting or have further questions & comments please fill out the Response Card so we can connect with you.

Haven Community Church

March 16, 2014

"CHRIST WITH ME, CHRIST BEFORE ME, CHRIST BEHIND ME, CHRIST IN ME, CHRIST BENEATH ME, CHRIST ABOVE ME, CHRIST ON MY RIGHT, CHRIST ON MY LEFT, CHRIST WHEN I LIE DOWN, CHRIST WHEN I SIT DOWN, CHRIST IN THE HEART OF EVERY MAN WHO THINKS OF ME, CHRIST IN THE MOUTH OF EVERY MAN WHO SPEAKS OF ME, CHRIST IN THE EYE THAT SEES ME, CHRIST IN THE EAR THAT HEARS ME." ST. PATRICK

"If I have any worth, it is to live my life for God so as to teach these peoples; even though some of them still look down on me."

— St. Patrick



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FROM STRESSED TO BLESSED (PHYSICAL HEALTH)

"Peace of mind makes the body healthy." – Proverbs 14:30 (TEV)
"A relaxed attitude lengthens a man's life." – Proverbs 14:30 (NLT)



I. SEVEN SPIRITUAL HABITS THAT REDUCE STRESS

1) _____

"The Lord is my shepherd, I have all I need." – Psalm 23:1 (NLT)

"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) _____

"He makes me lie down..." – Psalm 23:2a (NLT)

"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 (NLT)

3) _____
"He makes me lie down in lush green meadows and leads me beside calm, quiet waters. He restores my soul." – Psalm 23:2-3a (NLT)

"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) _____
"He guides me in the right paths for his name's sake." – Psalm 23:3 (NLT)

5) _____
"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 (NLT)

"When I am ready to give up, he knows what I should do." – Psalm 142:3 (TEV)

6) _____
"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 (NLT)

"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 (NLT)

7) _____
"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 (NLT)

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)

When I'm "yoked" with Christ, we move together in the same _____ and the same _____.

This week in your small group: Six Reasons Your Health Matters To God