



50 DAY TRANSFORMED SERIES

Part Two: "Moving from Stressed to Blessed"

Pastor David Cannistraci | February 22, 2015

"Do not conform to the pattern of this world but be TRANSFORMED by the renewing of your mind." Romans 12:2

**Stress can break you down, but
_____ will build you up.**

"Peace of mind makes the body healthy..." Proverbs 14:30 (TEV)

READING: Psalm 23:1-6

HOW TO MOVE FROM STRESSED TO BLESSED

1. I look to God to meet all my _____. (Ps. 23:1)

**Never put your security in
something you can _____.**

"Since God did not spare even his own Son but gave him up for us all, won't he also give us everything else?" Romans 8:32 (NLT)

2. I learn God's patterns for _____. (Ps. 23:2)

"On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work..."
Genesis 2:2-3 (NLT)

"Come to Me...I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matthew 11:28-30 (NKJV)

**Our job is to _____
and learn to do it God's way!**

Blessed (Cont'd)

3. I rely on God when I need _____. (Ps. 23:3)

"When I am overwhelmed, you alone know the way I should turn."
Psalm 142:3 (NLT)

**God will guide me at the
_____.**

4. I _____ God in the dark valleys. (Ps. 23:4)

"The Lord is my light and my salvation; I will fear no one. The Lord protects me from all danger; I will never be afraid." Psalm 27:1 (GNT)

5. I choose to let God _____ me. (Ps. 23:4-5)

"He alone protects and saves me; he is my defender, and I shall never be defeated." Psalm 62:2 (GNT)

**Embrace your cross and
you will _____ again!**

FATHER GOD, Thank you that when I'm at the end of my strength, you're there. Lately I've been feeling so stressed about life. Lord Jesus, I know only you can bring me rest. Forgive me for being fearful and worrying. Today I choose to trust completely in you. In Christ's Name, AMEN



GROW TOGETHER IN SMALL GROUPS

Special TRANSFORMED Groups have formed throughout the church for a 50 day journey. This week our groups will discover **"Six Reasons Your Health Matters to God."** Visit our TRANSFORMED table in the lobby to find out if there is still an open group for you. New groups are always forming at GateWay, so you can GATHER, GROW and GO with us!

If you purchased TRANSFORMED DAILY DEVOTIONAL workbook, remember to review your readings daily during this special journey.