



**50 DAYS *of*  
TRANSFORMATION**

*Part 3: From Stressed to Blessed*

Lakewayonline.org



1. LOOK TO GOD TO MEET ALL MY  
NEEDS



## Psalm 23 (NIV)

<sup>1</sup> The Lord is my shepherd, I lack nothing.

(KJV)

The Lord is my shepherd; I shall not want.



Romans 8:32 (TLB)

Since He did not spare even His own Son for us but gave Him up for us all, won't He also surely give us everything else?



1. LOOK TO GOD TO MEET ALL MY NEEDS
2. OBEY GOD'S INSTRUCTIONS ABOUT REST



He makes me lie down



Exodus 34:21 (NLT)

“You have six days each week for your ordinary work, but on the seventh day you must stop working, **even during the seasons of plowing and harvest.**



1. LOOK TO GOD TO MEET ALL MY NEEDS
2. OBEY GOD'S INSTRUCTIONS ABOUT REST
3. RECHARGE MY SOUL WITH BEAUTY



He makes me lie down in green  
pastures,  
He leads me beside quiet waters,  
He refreshes my soul.



## Philippians 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



1. LOOK TO GOD TO MEET ALL MY NEEDS
2. OBEY GOD'S INSTRUCTIONS ABOUT REST
3. RECHARGE MY SOUL WITH BEAUTY
4. GO TO GOD FOR GUIDANCE



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



Psalm 37:23 (NIV)

If the Lord delights in a man's ways  
He makes His steps firm

James 1:5 (NLT)

If you need wisdom, ask our generous  
God, and He will give it to you. He will  
not rebuke you for asking.



Romans 12:2 (NIV)

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.



1. LOOK TO GOD TO MEET ALL MY NEEDS
2. OBEY GOD'S INSTRUCTIONS ABOUT REST
3. RECHARGE MY SOUL WITH BEAUTY
4. GO TO GOD FOR GUIDANCE
5. TRUST GOD IN THE DARK VALLEYS



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.



1. LOOK TO GOD TO MEET ALL MY NEEDS
2. OBEY GOD'S INSTRUCTIONS ABOUT REST
3. RECHARGE MY SOUL WITH BEAUTY
4. GO TO GOD FOR GUIDANCE
5. TRUST GOD IN THE DARK VALLEYS
6. LET GOD BE MY DEFENDER



You prepare a table before me in the  
presence of my enemies.  
You anoint my head with oil; my  
cup overflows.



Psalm 18:1-2 (NLT)

I love you, Lord; You are my strength.

The Lord is my rock, my fortress, and  
my savior;

my God is my rock, in whom I find  
protection.

He is my shield, the power that saves  
me, and my place of safety.



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2. OBEY GOD'S INSTRUCTIONS ABOUT REST
3. RECHARGE MY SOUL WITH BEAUTY
4. GO TO GOD FOR GUIDANCE
5. TRUST GOD IN THE DARK VALLEYS
6. LET GOD BE MY DEFENDER
7. EXPECT GOD TO FINISH WHAT HE STARTS IN ME



Surely Your 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 (NLT)

Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For My yoke is easy to bear, and the burden I give you is light."





One thing I ask God to change in my  
life physically

One thing I will do because of what  
I've heard today



Offering

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**THIS WEEK IN YOUR SMALL GROUP:**  
***Six Reasons Your Health Matters to  
God***



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