

**Up Your Spirit Game  
Part 5**

**7 Common Sources of Stress**

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*The Lord is my shepherd so I have all I need. He makes me lie down in lush green meadows. And He leads me beside calm, quiet waters. He restores my soul. He guides me in the right paths for His name's sake. And 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, they comfort me. You prepare a table before me in the presence of my enemies. And you anoint my head with oil. My cup overflows. Surely goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever. **Psalm 23:1-6***

**Spiritual Habits That Reduce Stress**

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Psalm 23:1. *"The Lord is my Shepherd so I have all I need."*

*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***

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Psalm 23:2 says, "He makes me lie down."

Jesus said, 'The Sabbath was made for man, not man for the Sabbath.' **Mark 2:27**

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**

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Psalm 23:2. *He makes me lie down in lush green meadows. And He leads me beside calm, quiet waters. He restores my soul.*

Whatever you give your attention to is either going to raise or lower your stress

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Psalm 23:3: *He guides me in the right paths for His name's sake*

*If any of you lacks wisdom let him ask God who gives to all liberally and doesn't condemn them or criticize them. **James 1:5***

God will guide me at the right time  
and in the right direction

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Psalm 23:4. *And 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, they comfort me.*

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Little people belittle people  
Great people make people feel great

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.*

*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*

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Psalm 23:6. *Surely goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever.*

*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. Matthew 11:28-30*