



## *Small Group Member Goal Ideas*

**Instructions:** Use one of these suggestions if you're having trouble determining a 3-month goal for your Physical Goal.

- Develop and begin a weekly exercise routine
- Begin eating balanced meals
- Develop a weekly meal plan and begin to add more balance and healthy food choices to the plan
- Eliminate 1 stressor in your life
- Take steps to quit an unhealthy habit in your life
- Try 6 new vegetables (2 a month)
- Try 6 new fruits (2 a month)
- Eat out one time less per week and replace with healthy options you cook
- Take a walk after dinner 3 times or more each week
- Take up a new physical activity (running, biking, snowshoeing, etc.)
- Begin tracking your steps, either with a pedometer or an app on a smartphone and set weekly increase goals
- Journal your food for a month and adjust for months 2 and 3
- Take an active vacation (hiking, skiing, etc.)
- Sign up for a competition (5k run, half marathon, triathlon, etc) and create and implement a training plan



# TRANSFORMED

## **Message Notes & Small Group Discussion**

*Transformed Physically*  
**September 24, 2017**



**“Transformed: Physically”**  
**[Tom Lundeen, Senior Pastor]**

**MESSAGE NOTES**

Note: *It's Your Move* series available here about major health issues like diet and exercise (also available online:

<http://myriversidechurch.com/itsyourmove>

...stress isn't always \_\_\_\_\_

In fact, we can't \_\_\_\_\_ without some stress...

...most of us live with \_\_\_\_\_ stress, which is unhealthy for us (classic work, *Adrenaline and Stress* by Archibald Hart).

There's no such thing as “good” stress or “bad” stress to your \_\_\_\_\_.

**1. \_\_\_\_\_ Sources of Stress**

- A. \_\_\_\_\_ - # \_\_\_\_\_ source and always has been.
- B. \_\_\_\_\_ - we live in a microwave, n \_\_\_\_\_, 500 mbps world... \_\_\_\_\_ creates stress.
- C. \_\_\_\_\_
- D. \_\_\_\_\_ Options—more choices sound great, but often creates \_\_\_\_\_.
- E. Loss of \_\_\_\_\_ - track our need for P \_\_\_\_\_ until we need D \_\_\_\_\_!
- F. Culture of I \_\_\_\_\_ - while technology has made the world smaller, it has also made the world a boiling \_\_\_\_\_ of conflicting values and beliefs.
- G. “What If’s” - \_\_\_\_\_ of the future and possible negative outcomes.

Note Proverbs 14:30a

It's not just what you \_\_\_\_\_, but also what \_\_\_\_\_ you that makes us unhealthy.

**2. God's Answers for \_\_\_\_\_ Lives**

- A. Look to God to meet my \_\_\_\_\_ (note Psalm 23:1) - we worry when we put our hope and security in anything we can \_\_\_\_\_. Note Isaiah 26:3-4. No \_\_\_\_\_ can meet all your needs. But God who gave us His \_\_\_\_\_ will give us what we need (note Romans 8:32). Focus on w \_\_\_\_\_ (note Isaiah 30:15a).
- B. Rest isn't \_\_\_\_\_ (note Psalm 23:2a) - note Mark 2:27—God wants us to rest/Sabbath to rest our \_\_\_\_\_; refocus our \_\_\_\_\_ (#1 of BIG 3); recharge our \_\_\_\_\_ - Jesus took time to rest and didn't feel \_\_\_\_\_ about it.
- C. Let the beauty of God's world r \_\_\_\_\_ emotions—we feel close to God in \_\_\_\_\_ because God's beauty stirs positive emotions (note Psalm 23:2-3a). So try to get outside \_\_\_\_\_; \_\_\_\_\_ the day with God and not the media (including social media); put \_\_\_\_\_ around you. Note Philippians 4:8.
- D. Ask God for \_\_\_\_\_ (note Psalm 23:3b) - i \_\_\_\_\_ produces stress. “God will guide me at the \_\_\_\_\_ time”.
- E. Hold on to God in the d \_\_\_\_\_ - \_\_\_\_\_ produces stress. 2 main reactions to loss = i. G \_\_\_\_\_, and ii. F \_\_\_\_\_ (note Psalm 23:4). S \_\_\_\_\_ are scary...but they can't \_\_\_\_\_ and are bigger than the source...and where there's a shadow, there's \_\_\_\_\_ (note Psalm 142:3a).
- F. Trust God to \_\_\_\_\_ me—\_\_\_\_\_, criticism, opposition, and attacks produce stress. “Little people \_\_\_\_\_ people.” (Warren) - note Psalm 23:5 and 18-1-2. When I'm under attack, it takes faith and \_\_\_\_\_ to trust God to defend me. Note Matthew 5:11-12. When our response to being attacked is bathed in love, measured, composed, gracious, and not personal and \_\_\_\_\_, we are more like Jesus and actually benefit from what others intended for evil (note 1 Peter 4:19).
- G. God is greater than any “\_\_\_\_\_” (note Psalm 23:6) - our choice is to either negatively and endlessly s \_\_\_\_\_ with fear, or see things from God's point of view.

We can be transformed by God:

- Note Matthew 11:28-30
- “Come” (say YES to Jesus as Lord)
- “Take” = “\_\_\_\_\_ up with Me”
- “\_\_\_\_\_” - learn how Jesus did it.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



## **“Transformed: Physically”**

**Tom Lundeen, Senior Pastor**

### **MESSAGE NOTES**

Note: *It's Your Move* series available here about major health issues like diet and exercise (also available online: <http://myriversidechurch.com/itsyourmove>)

...stress isn't always bad...  
In fact, we can't live without some stress...

...most of us live with chronic stress, which is unhealthy for us (classic work, *Adrenaline and Stress* by Archibald Hart). There's no such thing as “good” stress or “bad” stress to your body.

#### **1. Common Sources of Stress**

- A. Worry - #1 source and always has been.
- B. Hurry – we live in a microwave, nanosecond, 500mbps world...speed creates stress.
- C. People
- D. Multiple Options – more choices sound great, but often creates indecision.
- E. Loss of Privacy – track our need for Pampers until we need Depends!
- F. Culture of Incivility – while technology has made the world smaller, it has also made the world a boiling cauldron of conflicting values and beliefs.
- G. “What If's” – fear of the future and possible negative outcomes.

Note Proverbs 14:30a

It's not just what you eat but also what eats you that makes us unhealthy.

#### **2. God's Answers for Healthier Lives**

- A. Look to God to meet my needs (note Psalm 23:1) – we worry when we put our hope and security in anything we can lose. Note Isaiah 26:3-4. No person can meet all your needs. But God who gave us His best will give us what we need (note Romans 8:32). Focus on worship (note Isaiah 30:15a).
- B. Rest isn't optional (note Psalm 23:2a) – note Mark 2:27 – God wants us to rest/Sabbath to rest our bodies; refocus our spirit (#1 of BIG 3); recharge our emotions – Jesus took time to rest and didn't feel guilty about it.
- C. Let the beauty of God's world rejuvenate emotions – we feel close to God in nature because God's beauty stirs positive emotions (note Psalm 23:2-3a). So try to get outside daily; start the day with God and not the media (including social media); put beauty around you. Note Philippians 4:8.
- D. Ask God for direction (note Psalm 23:3b) – indecision produces stress. “God will guide me at the right time”.
- E. Hold on to God in the darkness – loss produces stress. 2 main reactions to loss = i. Grief, and ii. Fear (note Psalm 23:4). Shadows are scary...but they can't hurt and are bigger than the source...and where there's a shadow, there's light (note Psalm 142:3a).
- F. Trust God to defend me – conflict, criticism, opposition, and attacks produce stress. “Little people belittle people.” (Warren) – note Psalm 23:5 and 18:1-2. When I'm under attack it takes faith and humility to trust God to defend me. Note Matthew 5:11-12. When our response to being attacked is bathed in love, measured, composed, gracious, and not personal and defensive, we are more like Jesus and actually benefit from what others intended for evil (note 1 Peter 4:19).
- G. God is greater than any “What-If's” (note Psalm 23:6) – our choice is to either negatively and endlessly speculate with fear, or see things from God's point of view.

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