

HOW TO GET FREE FROM STRESS

Philippians 4:4-8 (April 21, 2024)

⁴ Always be full of joy in the Lord. I say it again—rejoice!

⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ 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.

A STRATEGY FOR REDUCING STRESS

1. STEP ONE: _____

"Do not be anxious about anything..." (vs. 6a)

"Do not fret or have any anxiety ..." (Amp)

"Be careful for nothing ..." (KJV)

**WORRY: ASSUMING _____ THAT GOD _____
_____ FOR ME TO HAVE.**

(Jesus) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." Matt. 6:34

Insight: In order to relieve stress live one day at a time.

II. STEP TWO: _____

"...but in everything, by prayer and petition with thanksgiving, present your requests to God." v. 6b

PETITION: _____

"When you pray, tell God every detail of your needs" (Ph)

"Unload all your worries on Him since He is looking after you!" I Peter 5:7 (JN)

"You can throw the whole weight of your anxieties upon Him, for you are His personal concern!" I Peter 5:7 (Ph)

Insight: There is no problem that is too big for God's power or too small for God's concern.

The reason not to get what we want: James 4:2

The way to get what we want: John 16:23-24

III. STEP THREE: _____

"...in everything... with thanksgiving." v. 6b

"...always asking Him with a thankful heart." ((GN)

"Give thanks in all circumstances for this is God's will for you in Christ Jesus." I Thess. 5:18

Insight: There is always something to be grateful for.

IV. STEP FOUR: _____

"Finally, brothers, whatever is true... noble... right... pure... lovely... admirable - if anything is excellent or praiseworthy - think about such things."

"As a man thinks in his heart, so he is." Pr. 23:7 (KJV)

Insight: Whatever I think about is what I am becoming.

THE RESULTS: THE PEACE OF GOD

Philippians 4:7

⁷ (If you do this) you will experience God's Peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.

Questions for discussion

1. People usually don't like to take an extra responsibility. Yet, they seem to keep worrying about things that are beyond their control. Why is that?
2. Do people spend more time on worrying or praying? If on worrying, then is there any particular reason why people spend less time on praying?
3. How can I choose what to think of? Can we control what we think or are we controlled by the thoughts that come into our mind?
4. **(Personal application)** What do I need to pray to God specifically today? What thought do I need to start thinking for my growth in life?