

A STRATEGY FOR REDUCING STRESS
Philippians 4:4-8

"May you always be joyful in your life in the Lord. I say it again: rejoice!" (v. 4)

STEP ONE: WORRY ABOUT NOTHING

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

WORRY: "ASSUMING RESPONSIBILITY THAT GOD NEVER INTENDED FOR ME TO HAVE."

Research on Worry

40 % never happen

30 % concern the past

12 % needless about health

10 % insignificant/petty issues

8 % legitimate concerns

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

Insight: IN ORDER TO RELIEVE STRESS LIVE ONE DAY AT A TIME

STEP TWO: PRAY ABOUT EVERYTHING

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

PETITION: A SPECIFIC, DETAILED REQUEST

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

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

Insight: THERE IS NO PROBLEM THAT IS TOO BIG FOR GOD'S POWER OR TOO SMALL FOR GOD'S CONCERN.

STEP THREE: THANK GOD FOR ALL THINGS

"...in everything... with thanksgiving." (v. 6)

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

Insight: THERE IS ALWAYS SOMETHING TO BE GRATEFUL FOR

STEP FOUR: THINK ABOUT THE RIGHT THINGS

"Finally, brothers, whatever is true ... noble ... right... pure ... lovely ... admirable - if anything is excellent or praiseworthy -- think about such things." (V. 8)

"As a man thinks in his heart, so he is." Proverbs 23:7

INSIGHT: WHATEVER I AM THINKING ABOUT IS WHAT I AM BECOMING

THE RESULTS

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." vs. 7