

REDUCING STRESS
Enjoying The Rest Of Your Life -- Part 9
January 5, 2020

Philippians 4:2 (TLB) *“And now I want to plead with those two dear women, Euodias and Syntyche. Please, please, with the Lord's help, quarrel no more--be friends again.”*

Philippians 4:4-5 (NIV) *“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.”*

FOUR STRESS-RELIEVERS...

1. WORRY About NOTHING.

Philippians 4:6a (NIV) *“Do not be anxious about anything...”*

DEFINITION: Worry is assuming a responsibility that God never intended for you to have.

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

INSIGHT: LIVE one day at a time.

2. PRAY About EVERYTHING.

Philippians 4:6 (NIV) *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

DEFINITION: A petition is a specific, detailed request.

Philippians 4:6b (Phillips) *“Tell God every detail of your needs in earnest and thankful prayer.”*

1 Peter 5:7 (NIV) *“Cast all your anxiety on Him because He cares for you.”*

INSIGHT: There is NO PROBLEM too big for God's power or too small for God's concern.

James 4:2b (NIV) *“You do not have, because you do not ask God.”*

John 16:23-24 (NIV) *“I tell you the truth, My Father will give you whatever you ask in My name. ²⁴ Until now you have not asked for anything in My name. Ask and you will receive, and your joy will be complete.”*

3. THANK GOD In All Situations.

Philippians 4:6 (NIV) *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

1 Thessalonians 5:18 (NIV) *“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”*

**INSIGHT: There’s ALWAYS SOMETHING
to be grateful for.**

4. THINK About The RIGHT Things.

Philippians 4:8 (NIV) *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

THINK – FEEL – ACT

**INSIGHT: Whatever you THINK ABOUT is what
you are BECOMING.**

THE RESULT

Philippians 4:7 (NIV) *“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

Philippians 4:9 (NIV) *“Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.”*