

HOW TO CONQUER STRESS

THE HABITS OF HAPPINESS: PART 8

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Philippians 4:6-13

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*“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 hearts quiet and at rest as you trust in Christ Jesus.” (Philippians 4:7, The Living Bible)*

FIVE STRESSBUSTING SECRETS

1. DON’T WORRY ABOUT ANYTHING.

“Don’t worry about anything” (Philippians 4:6a, NLT)

Jesus said...

- **WORRY IS UNREASONABLE**

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?” (Matthew 6:25, NLT)

- **WORRY IS UNNATURAL**

“Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?” (Matthew 6:26, NLT)

- **WORRY IS UNHELPFUL**

“Can all your worries add a single moment to your life?” (Matthew 6:27, NLT)

- **WORRY IS UNNECESSARY**

“And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?” (Matthew 6:30, NLT)

“Let [God] have all your worries and cares, for he is always thinking about you and watching everything that concerns you.” (1 Peter 5:7, The Living Bible)

2. PRAY ABOUT EVERYTHING.

“Never worry about anything. But in every situation let God know what you need in prayers and requests...” (Philippians 4:6, GW)

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

“Since he did not spare even his own Son but gave him up for us all, won’t he also give us everything else?” (Romans 8:32, NLT)

3. THANK GOD IN ALL THINGS.

“...and thank him for all he has done.” (Philippians 4:6, NLT)

“...in all your prayers ask God for what you need, always asking him with a thankful heart.” (Philippians 4:6, GNB)

“No matter what happens, always be thankful, for this is God’s will for you who belong to Christ Jesus.” (1 Thessalonians 5:18, The Living Bible)

4. FILL MY MIND WITH GOOD THINGS.

“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.” (Philippians 4:8, The Message)

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26:3, NLT)

5. BE CONTENT WITH ANYTHING.

“Not that I was ever in need, for I have learned how to get along happily whether I have much or little. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want;” (Philippians 4:11–12, The Living Bible)

“It’s healthy to be content, but envy can eat you up.” (Proverbs 14:30, CEV)

“...it is better to have only a little, with peace of mind, than to be busy all the time with both hands, trying to catch the wind.” (Ecclesiastes 4:6, GNB)

HOW?

“For I can do everything through Christ, who gives me strength.” (Philippians 4:13, NLT)

“Obey God and be at peace with him; this is the way to happiness.” (Job 22:21, NCV)

LAST THOUGHT

Stop focusing on how **STRESSED** you are and start focusing on how **BLESSED** you are.