

**Message Notes (August 31, September 3)**  
**Series: Fantastic Families**  
**“Cope with Stress”**  
**Philippians 4:6-7**

### **Stress Test**

How do we as a family cope with stress?

What do you do when you are stressed?

The key factor is our \_\_\_\_\_ to stress and troubling situations.

### **Philippians 4:6-7**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Stress is part of being in a \_\_\_\_\_.

### **Two Important Insights in Dealing with Stress**

- Develop a \_\_\_\_\_ perspective

v. 6 “Do not be anxious about anything...”

- Shape our \_\_\_\_\_ into \_\_\_\_\_

v. 6 “...but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

**The greatest difference maker in a family  
is the presence of Jesus Christ.**