

## Philippians 4:4-8

# 4 Steps to Managing Stress . . .

### 1. Refuse to worry about anything.

Don't worry about anything.

**Philippians 4:6a NLT**

(Jesus) Can any one of you by worrying add a single hour to your life?

**Matthew 6:27 NIV**

### 2. Talk to God about everything.

Don't worry about anything; instead, pray about everything. Tell God what you need.

**Philippians 4:6a NLT**

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

**Romans 8:32 NIV**

### 3. Thank God in all things.

Thank Him for all he has done.

**Philippians 4:6b NLT**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

**1 Thessalonians 5:18 NIV**

### 4. Think about the right things.

Fill your minds with those things that are good and that deserve praise. Think about things that are true and honorable and right and pure and beautiful and respected.

**Philippians 4:8b GNT/NCV**

You (God) will keep perfect peace all who trust in you, all whose thoughts are fixed on you.

**Isaiah 26:3 NLT**

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 TLB**

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#### Weekend Music:

We Praise You (Brandon Lake) • You Keep Hope Alive (Church of the City)  
Goodness of God (Jenn Johnson) The Blessing (Elevation Worship)