

A STRATEGY FOR REDUCING STRESS
How to Enjoy the Rest of Your Life – Part 9

Rejoice in the Lord always. I will say it again: Rejoice! [5] Let your gentleness be evident to all. The Lord is near. [6] Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. [8] Finally, brothers, 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. Philippians 4:4-8 (NIV)

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

Four "Stress-Relievers"

1. STEP ONE: _____

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

"Do not fret or have any anxiety..." (Amp)

"Be careful for nothing..." (KJV)

WORRY: "Assuming _____ that God
_____ for me to
have."

Research on Worry

_____ % never happen

_____ % concern the past

_____ % needless about health

_____ % insignificant/petty issues

_____ % 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: _____

2. STEP TWO: _____

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

PETITION: _____

"When you pray, tell God every detail of your needs" (Ph)

"Unload all your worries on Him since He is looking after you!"

1 Peter 5:7 (JN)

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

Insight: _____

James 4:2, John 16:23-24

3. STEP THREE: _____

"...in everything...with thanksgiving." v. 6b

"...always asking Him with a thankful heart." (GN)

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

Insight: _____

4. STEP FOUR: _____

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

"...fill your mind with those things ..." (GN)

"...fix your mind on them..." (GN)

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

INSIGHT: _____

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