

11/27/022

Holiday Prep

“De-Stressing Your Holidays”

Matthew 6:25-34

“1) Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 2) Don’t worry about anything; 3) instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. 4) Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”
Philippians 4:4-8 (NLT)

Four Steps to Practice to Have LESS Stress and MORE Joy

1. I’ve got to start with my FOCUS ON GOD.

“Always be full of joy in the Lord. I say it again—rejoice!” Philippians 4:4 (NLT)

 **Scale from 1 – 10** 1 2 3 4 5 6 7 8 9 10

“Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.”
Matthew 6:33 (NLT)

2. Don’t WORRY about anything.

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

Study on Worry

- 40% never happen
- 30% concern the past
- 12% needless health concerns
- 10% insignificant issues
- 8% legitimate concerns

3. PRAY about everything. (Tell & Thank)

*“...instead, **pray** about everything. Tell God what you need, and thank Him for all He has done.”
Philippians 4:6 (NLT)*

4. Aim your thoughts toward NOBLE THINGS.

*“...**Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8 (NLT)*

Keep the Conversation going...

1. On a scale of 1-10, how close are you to God right now? What could you do this week to move one step closer?
2. Philippians 4:6 says “don’t worry about anything.” How can you apply this during a busy holiday season?
3. How can you turn our focus on Christmas to Jesus and not the worries of this world?