

**UNDER PRESSURE:
Finding Relief from Stress
Philippians 4:4-13
Eric Smith | July 19, 2020**

Sermon Summary

According to the CDC's , National Institute for Occupational Safety and Health, forty percent of U.S. workers admit to experiencing "extreme" stress at work, and one-quarter say work is the biggest source of stress in their lives. The APA reports that 83% of Americans report that the future of our nation is an extreme source of stress. As if the stress that many of us feel over our work and our country is not enough, we also experience the "stresses" of life. And, sometimes the stress comes from inside rather than outside. We can stress out just by worrying about things. Unchecked Stress is detrimental to our health!

Diving Into The Message

How can we find relief from our stress? Let's dig into Philippians 4 to see what God has to say about how we can stress less with His help!

As you become aware of the STRESS in your life, you have the ability to CHOOSE how you will deal with it.

YOU WILL STRESS LESS WHEN YOU:

1. Decide to CHOOSE Joy "in the Lord."

Always be full of joy in the Lord. I say it again—rejoice!

Philippians 4:4 NLT

"It is joy in the Lord, joy that comes from the very life and power of God operating in the believer, not through some supposed insights into your unconscious mind or how your parents treated you."

Martyn Lloyd Jones

2. Determine to BE CONSIDERATE in ALL you do.

Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Philippians 4:5 NLT

3. REPLACE Stress & Anxiety (WORRY) with Prayer & Thanksgiving.

Remember the teaching of Jesus and CHOOSE NOT to worry!

- **WORRY focuses on the temporary.** "Don't worry about your life, what you'll eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

Matthew 6:25

• **WORRY IS a sign that you don't think God cares about you.** *"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"* **Matthew 6:26**

"And why worry about clothes? Look at the field lilies! They Don't worry about theirs. Yet King Solomon in all his glory was never clothed as beautifully as they." **Matthew 6:28-29**

• **WORRY IS a waste of energy.**

"Who of you by worrying can add a single hour to his life?" **Matthew 6:27 (NIV)**

• **WORRY IS a lack of faith** *"If God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you, O you of little faith?"* **Matthew 6:30**

Don't worry about anything; 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. **Philippians 4:6&7 NLT**

4. FOCUS Your Mind on God Things

And now, dear brothers and sisters, one final thing. 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. Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8&9 NLT

5. Choose to BE CONTENT with What You Have.

How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Philippians 4:10-12 NLT

HOW Do I Stress less?

I have the strength to face anything and everything by the power that Christ gives me.

Philippians 4:13

- MAKE SURE THAT YOU ARE IN A RIGHT RELATIONSHIP WITH GOD
- LIVE IN OBEDIENCE TO GOD
- DEAL WITH RELATIONSHIPS (especially conflict)
- TRUST GOD
- PRAISE GOD
- REMEMBER the STRENGTH YOU Have in Jesus!

LIFE APPLICATION SERMON DISCUSSION GUIDE

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Life Application Questions

1. What is the most significant source of stress in your life?
2. How can you “choose joy in the Lord?”
3. In what area(s) of your life can you be more considerate or reasonable?
4. What positive outcomes have you had in your life due to worry?
5. How can you let worry be a trigger for prayer?
6. List and or discuss the “things” that are true, honorable, right, pure, lovely, and admirable in your life.
7. Are you content? Why or why not?
8. Say out loud “I can do all things through Christ who strengthens me” ten times.