

HABITS THAT LEAD TO HAPPINESS

How to Live Stress-Free

8-16-20

Big idea: There are daily habits that God guarantees will reduce the stress in your life.

Philippians 4:7 - **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. (TLB)

- With every promise there's a premise.

1. Make a _____ decision _____ to _____ about anything.

Philippians 4:6 - Do not be anxious about anything. . .

- Jesus said that worry is _____.

Matthew 6:25 - "Therefore I tell you, do not worry about your life, what you will 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?"

- Jesus said that worry is _____.

Matthew 6:26 - 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 6:28-29 - "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

- Jesus said that worry is _____.

Matthew 6:27 - Who of you by worrying can add a single hour to his life?

- Jesus said that worry is _____.

Matthew 6:30 - If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

1 Peter 5:7 - "Unload **all your worries** on God since He is looking after you!"
(JB)

2. Make a _____ decision to _____ about everything!

Philippians 4:6 - Never worry about anything. Instead **in every situation** let God know what you need **in your prayers** and requests... (GW)

James 4:2 - You do not have, because you do not ask God.

Romans 8:32 - Since God did not spare even his own Son but gave him up for us all, won't He who gave us Christ, also give us everything else we need? (NLT)

3. Make a _____ decision to thank God _____ things!

Philippians 4:6 - Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 - ...When you ask God for what you need also **thank him for all he's done.**" (NLT)

Philippians 4:6 - ...always ask **with a thankful heart.** (TEV)

1 Thessalonians 5:18 - "**In everything give thanks,** for THIS is the will of God in Christ Jesus for you!"

4. Make a _____ decision to _____ about good things!

Philippians 4:8 - **Fill your minds** with those things that are **true** and **good** and **right.** **Think about** things that are **pure** and **beautiful** and **respected.** If anything is **excellent** or if anything is **worthy of honor,** think about those things. (NCV/NAS)

Proverbs 14:9 - Fools mock at making amends for sin . . .

5. Make a _____ decision to be _____ !

Contentment is enjoying what I have right now rather than waiting for something else to happen in order for me to be happy.

Philippians 4:11-12 - I am not saying this because I am in need, for I have **learned to be content** whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being **content in any and every situation,** whether well fed or hungry, whether living in plenty or in want.

- Stop comparing
- Stop thinking that having more is better
- Start learning to admire without having to acquire

Ecclesiastes 4:6 - It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind. (TEV)

HOW?

Philippians 4:13 - I have the strength to face anything and everything by the power that Christ gives me.

NEXT STEPS:

- Spend 15 minutes a day with the Lord.
- Accept Jesus.