

# A STRATEGY FOR REDUCING STRESS

Pastor Bill Stevenson

July 24, 2022

## Philippians 4:4-8

"Rejoice in the Lord always. I will say it again: rejoice!" vs. 4

### FOUR "STRESS-RELIEVERS"

#### I. STEP ONE: WORRY ABOUT \_\_\_\_\_

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

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

**WORRY: "ASSUMING RESPONSIBILITY THAT GOD  
\_\_\_\_\_ INTENDED FOR ME TO HAVE."**

#### Research on Worry

___ % never happen	___ % insignificant/petty issues
___ % concern the past	___ % legitimate concerns
___ % needless about health	

(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: "IN ORDER TO RELIEVE STRESS LIVE  
\_\_\_\_\_ AT A TIME."**

#### II. STEP TWO: PRAY ABOUT \_\_\_\_\_

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

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

**INSIGHT: "THERE IS NOT A PROBLEM THAT IS TOO  
BIG FOR GOD'S \_\_\_\_\_ OR TOO SMALL FOR  
GOD'S \_\_\_\_\_"**

James 4:2, John 16:23-24

#### III. STEP THREE: THANK GOD FOR \_\_\_\_\_ THINGS

"...in everything... with thanksgiving." vs. 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." I Thess. 5:18

**INSIGHT: "THERE IS ALWAYS SOMETHING TO BE  
\_\_\_\_\_ FOR"**

#### IV. STEP FOUR: THINK ABOUT THE \_\_\_\_\_ THINGS

"Finally, brothers and sisters, whatever is true ... noble ... right... pure ... lovely ... admirable – if anything is excellent or praiseworthy -- think about such things." vs 8

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

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

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

**INSIGHT: "WHAT EVER I \_\_\_\_\_ ABOUT I AM  
\_\_\_\_\_."**

#### THE RESULTS:

If you do this you will experience God's Peace which is far more wonderful than the human mind can understand. "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." vs. 7

#### NOTES:

---



---



---



---



---



---



---