

Today's Theme

“How To Manage Stress” Pt 2

Series Title

“Finding Joy In Life” Part 25

February 20 , 2022

How To Manage Stress & Pressure

1. Get joy from Jesus *forever*.

Phil 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

2. Relate with *gentleness* always.

Phil 4:5 Let your gentleness be evident to all.

3. Understand Jesus is *close* to us.

Phil 4:5 . . . The Lord is near.

4. Be *anxious* for *nothing* at all.

How - By *refusing* to give into worry

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

Facts about *worry*

(1) Worry is a huge *stress* producer.

(2) Worry is trying to *control* the uncontrollable.

(3) What to *do* when we *worry*:

1. *Pray*.

2. *Give thanks*.

3. *Make requests specific*.

1 Peter 5:6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

5. Be at *peace* in everything.

How - By *trusting* God to take *care* of you.

Phil 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(1) This peace *comes* from God.

(2) This peace *surpasses* human reason.

(3) This peace *protects* us.

(4) This peace *cries out* for us to trust Jesus.

6. Be *controlled* in our thought life.

How - By *focusing* on right things

Phil 4:8 Finally, brothers and sisters, 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.

(1) Refuse to dwell on *problems & worries*.

(2) Give our attention to *God & His resources*.

7. Be *faithful* in the way we live.

How - By *practicing* these things

Phil 4:9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

(1) It's not enough to *hear & read* God's word.

(2) *Practicing* God's word brings *peace*.