

- B. The _____ of your thought life.
- Is it _____?
 - Is it _____?
 - Is it _____?
 - Is it _____?
 - Is it _____?
 - Is it _____?

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2

IV. _____ CONSTANTLY (4:9)

Do the right thing and you will feel the right way.

- A. _____ produces stress.

“Good understanding gains favor, But the way of the unfaithful is hard.” Proverbs 13:15

“5 And you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the chastening of the LORD, Nor be discouraged when you are rebuked by Him; ⁶ For whom the LORD loves He chastens, And scourges every son whom He receives.”

Hebrews 12:5-6

- B. Obedience produces _____.

“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,”

Romans 5:1

“Great peace have those who love Your law, And nothing causes them to stumble.” Psalm 119:165

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

John 14:27

JOY NEGATIVITY KILLER DECLARATION

“I choose joy today in peace!!”



Help, I'm Stressed
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INTRODUCTION

- A. Have you lost your joy in a negative world? Joy is a negativity killer!! God is the source of true joy. No matter what challenges you face or even suffer, He will provide extreme joy in your life!

“Rejoice in the Lord always. Again I will say, rejoice!”

Philippians 4:4

Joy is an outward reflection of gladness because of an inward connection with God.

- B. The book of Philippians is my favorite book of the Bible because is a:

1. _____ Book – It tells a lot about the apostle Paul.
2. _____ Book – It deals with relevant issues.
3. _____ Book – It tells how to choose joy.
 The word joy in some form appears _____ times in this book. Paul wrote this book from a prison cell.

- C. In this series, we will look to God’s Word to see how you can unleash your joy in different areas of your life.

Oct 7	Building Greater Relationships
Oct 14	Making Sense Of Suffering
Oct 21	Finding Purpose
Oct 28	Reducing Conflict With Others
Nov 4	Conquering Complaining
Nov 11	Reaching Your Potential
Nov 18	I Hate Religion!
Nov 25	Living Right In A Wrong World
TODAY	Help, I’m Stressed
Dec 9	Experiencing Satisfaction
Dec 16	Generosity Matters

- D. **Text:** Philippians 4:6-9 (Pew Bible/Page 203/New Test.)

HOW TO FIND HELP WHEN STRESSED

I. _____ COMPLETELY (4:6a)

Stress is carrying a burden that God never intended for you to bear.

MEMORY VERSE

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;”
Philippians 4:6

A. The root _____ of most stress is a lack of faith.
“25 And which of you by worrying can add one cubit to his stature?”

26 If you then are not able to do the least, why are you anxious for the rest?

27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.

28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?”
Luke 12:25-28

“5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

7 For let not that man suppose that he will receive anything from the Lord;

8 he is a double-minded man, unstable in all his ways.”
James 1:5-8

B. Faith _____ stress.

“3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

4 Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.” Isaiah 26:3-4 KJV

“For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.”
I John 5:4

II. _____ CONTINUALLY (4:6b-7)

When stress pushes you to your knees, you are in the perfect position to pray.

A. Don't _____...do pray!!

“pray without ceasing,” I Thessalonians 5:17

“Cast your burden on the LORD, And He shall sustain you;...”
Psalm 55:22a

“casting all your care upon Him, for He cares for you.”
I Peter 5:7

B. Pray specifically about everything with _____.

“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”
Hebrews 4:16

“Continue earnestly in prayer, being vigilant in it with thanksgiving;”
Colossians 4:2

III. _____ CORRECTLY (4:8)

Stinking thinking leads to stressful living.

A. The _____ of your thought life.

“For as he thinks in his heart, so is he....”
Proverbs 23:7a

“casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,”
II Corinthians 10:5