

# Steps to Overcoming Stress

Series: Blueprint For Life

Philippians 4:6-9

## 1. I Must \_\_\_\_\_

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.* John 16:33 NLT

Philippians 4:4-9 (NLT) *4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 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. 8 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. 9 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.*

## 2. I Must \_\_\_\_\_

Phil 4:4 *Always be full of joy in the Lord, I say it again. Rejoice.*

2 Cor 24-28 *24 Five times I received at the hands of the Jews the forty lashes less one. 25 Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; 26 on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; 27 in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. 28 And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.*

John 14:1-3 (ESV) *Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.*

## 3. I Must \_\_\_\_\_

Phil 4:6 (NLT) *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

**Result: When I pray instead of worry I get \_\_\_\_\_**

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

Matthew 11:28-30 (ESV) *28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.*

1 Peter 5:7 (NIV) *Cast all your anxiety on him because he cares for you.*

## 4. I Must \_\_\_\_\_

Phil 4:8 *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

## 5. I Must \_\_\_\_\_

Phil 4:9 *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.*

## HOPE

### The H is for Healing.

*Lord my God, I called to you for help and you healed me.* Psalm 30:2

### The O is for Outcome - The outcome is up to God.

*Father, if you are willing, take this cup from me; yet not my will, but yours be done.* Luke 22:42

### The P is for Prayer Works.

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is power and effective.* James 5:16

### The E is for Eternity. Either Way Eternity is Mine.

*Whom have I in heaven but you? And earth has nothing I desire besides you.* Psalms 73:25