

Warning: Contents Under Pressure

Series: Thrive

How To Relieve Pressure & Experience Peace

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 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. 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.” Philippians 4:6-8 (NLT)

1. _____

“Don’t worry about anything...” Philippians 4:6a (NLT)

Jesus said, “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” Matthew 6:34 (NLT)

2. _____

“... instead, pray about everything. Tell God what you need...” Philippians 4:6b (NLT)

“Give all your worries and cares to God, for He cares about you.” 1 Peter 5:7 (NLT)

3. _____

“... thank Him for all He has done.” Philippians 4:6b (NLT)

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” 1 Thessalonians 5:18 (NLT)

4. _____

“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.”
Philippians 4:8 (NLT)

The Result

“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.” Philippians 4:7 (NLT)