

HOW DO I HANDLE STRESS?

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." **John 16:33**

DEALING WITH STRESS GOD'S WAY

Always be full of joy in the Lord. I say it again rejoice!

Philippians 4:4

1. Refuse to worry about ANYTHING.

Don't worry about anything...

Philippians 4:6

"That is why I tell you not to worry about everyday life – whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?"²⁷ Can all your worries add a single moment to your life? **Matthew 6:25-27**

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Matthew 6:34

✓ **LIVE ONE DAY AT A TIME.**

2. Pray about EVERYTHING.

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.

Philippians 4:6-7

Give all your worries and cares to God, for he cares about you. **1 Peter 5:7**

✓ **HE CARES.**

3. Think about the RIGHT THINGS.

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**

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **Psalm 26:3**

✓ **MY LIFE IS SHAPED BY MY THOUGHTS.**

4. BE CONTENT with anything.

Not that I was ever in need, for I have learned how to be content with whatever I have.¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. **Philippians 4:11-12**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. **1 Thessalonians 5:18**

But godliness with contentment is great gain. **1 Timothy 6:6**

✓ **CHRIST IS ENOUGH FOR ME.**

5. TRUST GOD for all things.

I can do all this through him who gives me strength.

Philippians 4:13

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. **Philippians 4:19**

✓ **Trust is born out of REAL RELATIONSHIP.**