

How To Have a Joyful Life #11– 8/17/2014
“The Joy of God’s Strategy for Stress” - Philippians 4:4-9

The Lord is at hand; do not be anxious about anything

1. Understand Stress to Manage Stress God’s Way

Stress is...

Stress can be Good or Bad

God’s Word recognizes stress and its problems – Phil 4:6

Deut 28:65-67

2. Recognize the Causes of Stress So You Can Manage It God’s Way

What does your every day conversation contain more of; Complaining or Rejoicing - Phil 4:4

Prov. 12:25

Phil 3:1-11

How are you treating people around you? Harshly or Graciously? - Phil 4:5

Prov 15:1

To whom do you talk about your problems? God or Others – Phil 4:6

How would you describe your attitude? Thankful or Resentful? Phil 4:5

Prov 3:11

What do you dwell on, the Positive or the Negative – Phil 4:8

Ps 94:19

3. You Can Manage Stress Because God Promises to His Power As You Obey – Phil 4:7 & 9

But don’t These strategies work for anyone due to...

However for the Christian, They work because...

Let’s talk about **REAL STRESS!!!**