

# How To Keep From Stressing Out

*Habits of Happiness Series – Part 6*

Philippians 4:4-13

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## Philippians 4:4–13

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



**<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**



**<sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. <sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.**





<sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

<sup>12</sup> I know what it is to be in need, and I know what it is to have plenty.

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength.-- (NIV)



# **How To Keep From Stressing Out**



# **1. Stress Reliever 1:** **Rejoice In the Lord.**

**Philippians 4:4<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice!-- (NIV)**



## **Habakkuk 3:17-18**

**17** Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, **18** yet I will rejoice in the LORD, I will be joyful in God my Savior.-- (NIV)





## **2. Stress Reliever 2:** **Refuse To Worry About Anything**

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



# **A. Worry Is Ungodly.**

**Matthew 6:34<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.-- (NIV)**



## **B. Worry Is Unreasonable.**

**Matthew 6:25<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?-- (NIV)**



## **C. Worry Is Unnatural.**

**Matthew 6:26<sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?-- (NIV)**



**D. Worry is Unhealthy.**

**Proverbs 12:25<sup>25</sup> Worry weighs a person down; an encouraging word cheers a person up.-- (NLT)**





## **Proverbs 14:30**

**30 A heart at peace gives life to the body, but envy rots the bones.-- (NIV)**



**E. Worry Is Unhelpful.**

**Matthew 6:27<sup>27</sup> Who of  
you by worrying can add  
a single hour to his life? -  
- (NIV)**



## **F. Worry Is Unnecessary.**

**Matthew 6:30<sup>30</sup> And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?-- (NLT)**



## **1Peter 5:7**

**Unload all your worries on  
God since He is looking  
after you. (JB)**



### **3. Stress Reliever 3:** **Talk To God About Everything**

**Philippians 4:6<sup>6</sup> Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks.-- (GW)**





## Romans 8:32

**32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?-- (NIV)**



## **4. Stress Reliever 4:** **Thank God In All Things**

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**Philippians 4:6<sup>6</sup> Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.-- (GNB)**



# **1 Thessalonians 5:18**

**18 give thanks in all  
circumstances; for this is  
God's will for you in Christ  
Jesus.-- (NIV)**



## **5. Stress-Reliever 5:** **Think About Good Things**

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**Philippians 4:8<sup>8</sup> , . . . fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable.-- (GNB)**



## Isaiah 26:3

**<sup>3</sup> You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!-- (NLT)**





## **6. Stress Reliever 6:** **Be Content With Anything** .

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**Philippians 4:11<sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances.-- (NIV)**



## **Philippians 4:13**

**13 I can do all things  
through Christ who  
strengthens me.-- (NKJV)**



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