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You Asked For It - 2

“Help - I am Stressed!”

(Philippians 4:7 TLB) If you do these things you will experience God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Jesus Christ.

Stress Management Guarantee

1) Refuse to worry about anything.

(Philippians 4:6) Be anxious for nothing . . .

4 Reasons you should never worry about anything:

- Worry is unreasonable.

(Matthew 6:25a) “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on.

- Worry is unnatural.

(Matthew 6:26, 28-29) “Look at the birds of the air, for they neither sow nor reap nor gather in to barns, yet your heavenly Father feeds them. Are you not of more value than they? So why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; and yet I say to you that even Solomon in all of his glory was not arrayed like one of these.

(Proverbs 12:25a) Anxiety in the heart of man causes depression.

- Worry is unhelpful.

- Worry is unnecessary.

(Matthew 6:30) "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?"

2) Talk to God about everything.

(Philippians 4:6b) . . . but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

(James 4:2b) Yet you do not have because you do not ask.

3) Thank God in all things.

(1 Thessalonians 5:18) In everything give thanks; for this is the will of God in Christ Jesus for you.

4) Think about good things.

(Philippians 4:8) Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue an if there is anything praiseworthy- meditate on these things.

(Proverbs 14:9a) Fools mock at sin.

(Isaiah 26:3a) You will keep him in perfect peace, whose mind is stayed on You.

5) Be content with anything.

(Philippians 4:11-12) For I have learned in whatever state I am in, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.