

## You Asked For It Part 4 – How to Have Peace over Stress

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September 22, 2024

John 16:33 (NKJV) <sup>33</sup> These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

### Pressure > Capacity = STRESSED OUT

1. I will \_\_\_\_\_, at all times.

Philippians 4:4 (NLT) <sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice!

Nehemiah 8:10 (NIV) “...the joy of the LORD is your strength.”

2. I will \_\_\_\_\_ others, not \_\_\_\_\_ them.

Philippians 4:5 (NLT) <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Proverbs 11:25 (NLT) those who refresh others will themselves be refreshed.

3. I will not \_\_\_\_\_ about anything, and \_\_\_\_\_ about

\_\_\_\_\_.

Philippians 4:6-7 (NIV) <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.

Matthew 6:27 (NIV) Who of you by worrying can add a single hour to his life?

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

James 4:2 (NIV) You do not have because you do not ask God.

1 Peter 5:7 (NIV) Cast all your anxiety on him because he cares for you.

### PRAY FIRST, PRAY MOST

4. I will \_\_\_\_\_ about the right things.

Philippians 4:8 (NIV) 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.

Isaiah 26:3 (NIV) <sup>3</sup> You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Proverbs 23:7 (NKJV) For as he thinks in his heart, so is he...

### My life is shaped by my thoughts.

5. I will be \_\_\_\_\_ with my things.

Philippians 4:11-12 (NIV) I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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.

▪ Stop comparing.

Proverbs 14:30 (NIV) <sup>30</sup> A heart at peace gives life to the body, but envy rots the bones.

▪ Stop thinking having more will make me happy.

Ecclesiastes 4:6 (GN) Better is a handful with quietness, than two handfuls with labor and vexation of spirit.

1 Timothy 6:6 (NIV) godliness with contentment is great gain.

### Christ is enough for me.

6. I will \_\_\_\_\_ for all things.

Philippians 4:13 (NLT) I can do everything through Christ, who gives me strength.

Ephesians 6:10 (NIV) be strong in the Lord and in his mighty power.

Philippians 4:19 (NIV) And my God will meet all your needs according to his glorious riches in Christ Jesus.

### Trust is born out of real relationship.

Psalms 9:10 (EASY) Everyone who knows you, Lord, trusts in you. You will never turn away from anyone who comes to you for help.