

## **A STRATEGY FOR REDUCING STRESS**

**#SermonStress**

**Strength For Stressful Times Part 1**

**Dr. Mark Jackson - February 4, 2018**

**Philippians 4:4-8**

**Philippians 4:4** May you always be joyful in your union with the Lord. I say it again: rejoice! (TEV)

**Psalms 119:143** As pressure and stress bear down on me, I find joy in your commands. (NLT)

### **Four Steps to Less Stress**

#### **STEP ONE: WORRY LESS**

**Philippians 4:6a** Don't worry about anything... (NLT)

**Matthew 6:34** So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries. (ICB)

**Insight:** In order to relieve stress live ONE DAY AT A TIME

#### **STEP TWO: PRAY MORE**

**Philippians 4:6b** ...pray about everything. (CEV)

**Philippians 4:6b** When you pray, tell God every detail of your needs. (PH)

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

**Insight:** There is no problem TOO BIG for God's power or TOO SMALL for God's concern

#### **STEP THREE: THANK GOD**

**Philippians 4:6c** ...thank him for all he has done. (NLT)

**1 Thessalonians 5:18** give thanks in all circumstances, for this is God's will for you in Christ Jesus. (NIV)

**Insight:** There is always something to BE GRATEFUL FOR

#### **STEP FOUR: THINK RIGHT**

**Philippians 4:8** Finally, brothers, 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. (NIV)

**Proverbs 4:23** More than anything you guard, protect your mind, for life flows from it. (CEB)

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

**Insight:** Whatever I think about is what I BECOME

#### **THE RESULTS:**

**Philippians 4:7** If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. (LB)

**Isaiah 26:3** You, Lord, give true peace to those who depend on you, because they trust you. (NCV)