

## SERMON NOTES

Series: Joy No Matter What

Title: To Blessed to be Stressed

Text: Philippians 4:1-13

Topic: How to Keep from  
Stressing Out

Teacher: Pastor Barry

Time: 9/10/23. File Under: Expository



A Stress-Management Plan guaranteed to work. *“If you do these things you will experience God’s peace...”* v.7 (LB)

### 1. REFUSE TO WORRY ABOUT ANYTHING.

*“Never worry about anything.”* v. 6 (NLT)

Worry is **unreasonable**. Matthew 6:25. Worry **exaggerates** the problem. Worry doesn’t **work**.

Worry is **unnatural**. Matthew 6:26-29. Worry is something you **learn**.

Worry is **unhealthy**. *“An anxious heart weighs a man down.”* Proverbs 12:25 *“A heart at peace gives life to the body.”* Proverbs 14:30

Worry is **unhelpful**. Worry cannot change the **past** or control the **future**.

Worry is **unnecessary**. Matthew 6:30. *“Unload all your worries on God since he is looking after you.”* 1 Peter 5:7 (JB)

### 2. TALK TO GOD ABOUT EVERYTHING.

*“Never worry about anything. Instead in every situation let God know what you need in your prayers and in your requests.”* Philippians 4:6 (GW)

Our job is to **let God know** what are needs are, not to **figure out** how He’s going to do it.

Worry is acting like God can’t be **trusted**. *“You do not have because you do not ask.”* James 4:2

Every problem in your life is a **“little thing”** to God.

If God gave His own Son to die for us, would he not give us **everything else** we need?

### 3. THANK GOD IN ALL THINGS.

*“Ask God for what you need...thank him for all he’s done.”* Philippians 4:6 (NLT)

There is no time in your life when everything is **good** and there’s no time in your life when everything is **bad**.

*“In everything give thanks, for this is the will of God in Christ Jesus for you.”* 1 Thessalonians 5:18