

SERMON NOTES

Series: Joy No Matter What

Title: To Blessed to be Stressed (2)

Text: Philippians 4:1-13

Topic: How to Keep from
Stressing Out

Teacher: Pastor Barry

Time: 9/17/23 File Under: Expository



Review:

1. REFUSE TO WORRY ABOUT ANYTHING.
2. TALK TO GOD ABOUT EVERYTHING.
3. THANK GOD IN ALL THINGS.

4. THINK ABOUT GOOD THINGS.

Your war with stress is won or lost **in your mind**.

“Fill your mind with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent, if anything is worthy of honor, think about those things.” Philippians 4:8 (NCV/NAS)

“Fools make fun of sin.” Proverbs 14:9

“You Lord will keep in perfect peace all who trust in you, whose thoughts are fixed on you.” Isaiah 26:3

“If you look at the world you’ll be distressed; if you look within you’ll be depressed. But if you look at Christ you’ll be at rest.” Corrie ten Boom, Author, The Hiding Place

5. BE CONTENT WITH ANYTHING.

Contentment is **enjoying** what I have right now rather than **waiting** for something else in order for me to be happy.

“I’ve learned to be content whatever the circumstances. I know how to live on almost nothing. Or I know how to live with everything. I’ve learned the secret of contentment in every situation, whether I’m well-fed or hungry, or whether I have more than I need or I don’t have enough.” (11,12)

How to learn contentment: 1. stop **comparing**. 2. Stop thinking that having **more** is better.

“It’s better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind.” Ecclesiastes 4:6 (TEV)

3. learn to **admire** without having to **acquire**.

You don’t have to **own it** to enjoy it.

Where do we get the energy to do these things? *“I have the strength to face anything and everything by the power that Christ gives me. I can do all things through Christ who strengthens me.”* (13)

“Obey God and be at peace with Him; this is the way to happiness.” Job 22:21

When you make peace **with** God then you will have the peace **of** God.

