

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 _____ ABOUT ANYTHING.

"Never worry about anything." v. 6 (NLT)

Worry is _____. Matthew 6:25. Worry
_____ the problem. Worry doesn't _____.

Worry is _____. Matthew 6:26-29. Worry is something
you _____.

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

Worry is _____. Worry cannot change the _____ or control
the _____.

Worry is _____. Matthew 6:30. *"Unload all your worries
on God since he is looking after you."* 1 Peter 5:7

2. TALK TO GOD ABOUT _____.

"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 _____ what are needs are, not to
_____ how He's going to do it.

Worry is acting like God can't be _____. *"You do not have
because you do not ask."* James 4:2

Every problem in your life is a " _____ " to God.

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

3. _____ 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 _____ and there's no
time in your life when everything is _____.

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