

# REDISCOVERING JOY

## Stress Management

March 07, 2010

FBC Port A

### PHILIPPIANS 4:4-8

**Php 4:4 NLT** *Always be full of joy in the Lord. I say it again--rejoice!*

#### Four "Stress-Relievers"

##### 1. STEP ONE: **WORRY ABOUT NOTHING**

**Php 4:6a NLT** *Don't worry about anything; (merimnao)*

**Php 4:6 LITV** *Be anxious about nothing,*

**Php 4:6a AMP** *Do not fret or have any anxiety about anything,*

WORRY: "Assuming **responsibility** that God **never intended** for me to have."

Research on Worry from [www.christviewchristian.org](http://www.christviewchristian.org)

- \_\_\_ 40% never happen
- \_\_\_ 30 % concern the past
- \_\_\_ 12 % needless about health
- \_\_\_ 10 % insignificant/petty issues
- \_\_\_ 8 % legitimate concerns

**Mat 6:34 NLT** *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."*

Insight: **living 1 day at a time relieves stress!**

##### II. STEP TWO: **PRAY ABOUT EVERYTHING** (pas)

**Php 4:6b NLT** *instead, pray about everything. Tell God what you need, and thank Him for all He has done.*

PETITION: **a specific, detailed request.**

"When you pray, tell God every detail of your needs" (Ph)

**1Pe 5:7 NLT** *Give all your worries and cares to God, for He cares about you.*

**1Pe 5:7 MSG** *Live carefree before God; he is most careful with you.*

Insight: **there is no problem too big for God's power, or too small for God's concern.**

James 4:2

**John 16:23-24 NLT** *At that time you won't need to ask Me for anything. I tell you the truth, you will ask the Father directly, and He will grant your request because you use My name. You haven't done this before. Ask, using My name, and you will receive, and you will have abundant joy.*

##### III. STEP THREE: **THANK GOD FOR ALL THINGS**

"...in everything... with thanksgiving." v. 6b NIV

"...think on and weigh and take account of these things ..." (AMP)

**1Th 5:18 NLT** *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

Insight: **there is always something to be grateful for.**

##### IV. STEP FOUR: **THINK ABOUT THE RIGHT THINGS**

**Php 4:8 NLT** *And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

"... think about such things ..." (NIV)

"...fix your mind on them ..." (GN)

**Pro 23:7a AMP** *For as he thinks in his heart, so is he.*

INSIGHT: **WHATEVER I THINK ABOUT IS WHAT I AM BECOMING.**

THE RESULTS

**Php 4:7 NLT** *Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

A man wearing a yellow patterned short-sleeved shirt, blue jeans, and a black baseball cap stands in a lush green field. He has his arms raised in a gesture of joy or praise, with his mouth open as if shouting or singing. The background is a clear blue sky with several blue star-shaped graphics scattered across it. The overall mood is one of happiness and freedom.

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Joy

A STUDY OF PHILIPPIANS

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Insight: \_\_\_\_\_!

II. STEP TWO: \_\_\_\_\_ (pas)

**Php 4:6b NLT** *instead, pray about everything. Tell God what you need, and thank Him for all He has done.*

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Here is a little song I wrote  
You might want to sing it note for note  
Don't worry be happy  
In every life we have some trouble  
When you worry you make it double  
Don't worry, be happy.....

**Ain't got no place to lay your head  
Somebody came and took your bed  
Don't worry, be happy  
The land lord say your rent is late  
He may have to litigate  
Don't worry, be happy  
Look at me I am happy  
Don't worry, be happy  
Here I give you my phone number  
When you worry call me  
I make you happy  
Don't worry, be happy  
Ain't got no cash, ain't got no style  
Ain't got not girl to make you smile  
But don't worry be happy  
Cause when you worry  
Your face will frown  
And that will bring everybody down  
So don't worry, be happy (now).....**

There is this little song I wrote  
I hope you learn it note for note  
Like good little children  
Don't worry, be happy  
Listen to what I say  
In your life expect some trouble  
But when you worry  
You make it double  
Don't worry, be happy.....  
Don't worry don't do it, be happy  
Put a smile on your face  
Don't bring everybody down like this  
Don't worry, it will soon past  
Whatever it is  
Don't worry, be happy