



How does the Christian respond to stress?

Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, 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. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

1. Rejoice Always

- The goal of the Christian is to _____ God and make Him _____.
- In a time of _____, we are driven “closer to God” through _____. In a time of _____, we are driven “closer to God” through _____.
- At all times, we can _____ because no matter what we face, our ultimate goal is met as we are driven closer to God and we _____ God more.

As God calls us to rejoice, He offers us an invitation to intimacy with Him.

2. Axe Anxiety

- As we rejoice, God’s _____ replaces _____ in our thoughts.
- God’s peace offers an _____ perspective; stress offers a _____ perspective.
- When we run _____ from God to find temporary _____ for our stress, who or what are we running to?
- Doesn’t our temporary _____ to our stress only make our problems _____?

As God calls us to His peace, He offers us an invitation to intimacy with Him.

3. Pray and Switch

God offers us a very practical way to deal with the anxious thoughts or stress we face.

- _____ our anxious thoughts into _____.
- Replace our _____ thoughts with _____ thoughts.

As God calls us to communicate our burdens with Him, He offers us an invitation to intimacy with Him.