



## How does the Christian respond to stress?

### Philippians 4:4-9

*Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, 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. <sup>9</sup>Whatever 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.