

A STRATEGY FOR REDUCING STRESS

How to Enjoy the Rest of Your Life - Part 9

Philippians 4:4 (GN) "May you always be joyful in your life in the Lord. I say it again: rejoice!"

Four "Stress-Relievers"

STEP ONE: _____

Philippians 4:6a "Do not be anxious about anything..."

Philippians 4:6a (Amp) "Do not fret or have any anxiety ..."

Philippians 4:6a (KJV) "Be careful for nothing ..."

Worry is assuming responsibility _____

_____.

Matthew 6:34 (Jesus) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own."

Insight: In order to relieve stress live one day at a time.

STEP TWO: _____

Philippians 4:6b "...but in everything, by prayer and petition with thanksgiving, present your requests to God."

Philippians 4:6b (Ph) "When you pray, tell God every detail of your needs"

I Peter 5:7 (GN) "Unload all your worries on Him since He is looking after you!"

I Peter 5:7 (Ph) "You can throw the whole weight of your anxieties upon Him, for you are His personal concern!"

Insight: There is no problem that is too big for God's power or too small for God's concern.

James 4:2 "You have not because you ask not."

STEP THREE: _____

Philippians 4:6b "...in everything... with thanksgiving."

Philippians 4:6b (GN) "...always asking Him with a thankful heart."

I Thessalonians 5:18 "Give thanks in all circumstances for this is God's will for you in Christ Jesus."

Insight: There is always something to be grateful for.

STEP FOUR: _____

Philippians 4:8 "Finally, brothers, whatever is true ... noble ... right... pure ... lovely ... admirable - if anything is excellent or praiseworthy -- think about such things."

Philippians 4:8 (JB) "... fill your mind with those things ..."

Philippians 4:8 (GN) "...fix your mind on them ..."

Proverbs 23:7 (KJV) "As a man thinks in his heart, so he is."

Insight: Whatever I think about is what I am becoming.

Philippians 4:7 (LB) "If you do this you will experience God's Peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus."

I Peter 5:7 (Ph) " You can throw the whole weight of your anxieties upon Him, for you are His personal concern!"