

HOW TO KEEP FROM STRESSING OUT

Sermon Series: The Habits of Happiness (Philippians)

Philippians 4:1-13

MY HAPPINESS SHOULD BE DRIVEN BY MY HABITS NOT MY CIRCUMSTANCES.

HOW TO KEEP FROM STRESSING OUT

6 Stress Reducers - *If I Want To Keep From Stressing Out...*

❶ **SETTLE ARGUMENTS BETWEEN EACH OTHER.**

(Phil 4:2-5)

❷ **REFUSE TO WORRY ABOUT ANYTHING.**

(Phil 4:6 NLT)

❸ **TALK TO GOD ABOUT EVERYTHING.**

(Phil 4:6 GW)

❹ **THANK GOD IN ALL THINGS.**

(Phil 4:6 NLT)

❺ **THINK ABOUT GOOD THINGS.**

(Phil 4:8 NCV/NAS)

❻ **BE CONTENT WITH ANYTHING.**

(Phil 4:11-12 LB)

REALife Application

QUICK REVIEW - Looking back over your sermon notes, which particular point or passage of Scripture most challenged, confused or caught your attention?

1. In all of God's creation, only humans worry! What does this scripture teach us about trusting in God, Matthew 6:26?
2. Read Philippians 4:7. What "things" does Paul want us to do so we can experience God's peace instead of worrying?
3. What does it mean to trust in Jesus?
4. Read Matt 6:27. Worry cannot change the past or control the future. It only makes us miserable today. Why do we spend so much time worrying about things? Since worrying is a learned behavior, how do you believe it can be unlearned?
5. Read James 4:2. We could pray about everything. We need to stop talking only to ourselves and start talking to God! What stops us from praying to God in every situation we face?

Diving Deeper (optional)

1. If you take something for granted that you currently have or think you deserve, you might start complaining about something you don't have. How can you maintain a thankful heart while you are going through unfavorable times?

If you have any of these types of experiences, share them with the group.
2. When we are in a miserable situation, thinking about good things is not an easy task. But if we trust in God, it would be easier to unload our worry or burden. How can you stop worrying in poor circumstances in your life?
3. When things are going well, it's easy to be content. How can you learn to be content in every situation? If you have any experience being content in the worst circumstances, share them with your group, along with the outcome.

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