HOW TO KEEP FROM STRESSING OUT

WHAT DO YOU FIND YOURSELF WORRYING ABOUT THE MOST?

"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 hearts quiet and at rest as you trust in Christ Jesus."
Philippians 4:7 TLB

BEHIND EVERY _____ IN SCRIPTURE, THERE IS A _____.

TO FIND PEACE AND REST:
(3 THINGS)

1) REFUSE TO _____ ABOUT ANYTHING!

"Never worry about anything."
Philippians 4:6 GW

WORRY IS _____

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"
Matthew 6:25 NIV

WORRY IS _____

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
Matthew 6:26 NIV

WORRY IS _____

"Worry weighs a person down…"
Proverbs 12:25 NLT

WORRY IS _____

"And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"
Matthew 6:30 NLT

"Give all your worries and cares to God, for he cares about you."
1 Peter 5:7 NLT

2) TALK TO GOD ABOUT _____

DON'T PANIC…_____!

"Don't worry about anything; instead, pray about everything. Tell God what you need…
Philippians 4:6 NLT

"Yet you don't have what you want because you don't ask God for it."
James 4:2 NLT

3) THANK GOD _____ _____ CIRCUMSTANCES

"Don't worry about anything; instead, pray about everything. Tell God what you need…and thank him for all he has done."
Philippians 4:6 NLT

"…in everything give thanks; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:18 NKJV

BOUNCE!