***JON’S SERMON OUTLINE….***

WHAT TO DO ABOUT STRESS

*Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made know to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.* Philippians 4:4-8

Introduction: The only life worth living is life in Christ Jesus. That doesn’t mean life is without its struggles and problems. Yet, it does mean rejoicing is always possible. Worry is what often robs us of joy and God has a plan for us to handle our worries. Another word for worry is “stress.” God has given us a way to deal with our stresses and that’s what we’re going to talk about today:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ABOUT NOTHING (Philip. 4:6a):

 a. This is not helpful.

 b. This is not healthy.

 c. This is not humane.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ABOUT EVERYTHING (Philip. 4:6b):

 a. This is how we replace worry.

 b. This is how we refuse to panic.

 c. This is how we rely on God.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FOR ALL THINGS (Philip. 4:6c):

 a. This increases your immunities.

 b. This improves your focus.

 c. This identifies you with God’s will.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ABOUT THE RIGHT THINGS (Philip. 4:7-8):

 a. This guards your mind.

 b. This guides your mind.

 c. This guarantees your peace.

CONCLUSION: Is Jesus in control of your life?

Answers: 1. Worry 2. Pray 3. Thank God 4. Think