

WE ARE OFFERED PEACE

What Following Jesus Means - Part 1

October 26, 2014

Philippians 4:2 (MSG) *"I urge Euodia and Syntyche to iron out their differences and make up. God doesn't want His children holding grudges."*

Philippians 4:4 (NIV) *"Rejoice in the Lord always. I will say it again: Rejoice!"*

HOW TO MANAGE STRESS...

1. **WORRY** about **NOTHING**.

Philippians 4:6a (NIV) *"Do not be anxious about anything..."*

DEFINITION: *Worry is assuming responsibility that God never intended for you to have.*

Matthew 6:34 (NIV) *"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.*

2. **PRAY** about **EVERYTHING**.

Philippians 4:6b (NIV) *"Don't be anxious... but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

DEFINITION: *A petition is a specific, detailed request.*

Philippians 4:6b (Phillips) *"...Tell God every detail of your needs in earnest and thankful prayer..."*

1 Peter 5:7 (NJB) *"Unload all your burden on to Him, since He is concerned about you."*

INSIGHT: *There is no **PROBLEM** too big for God's power or too small for God's concern.*

James 4:2b (NIV) *"...You do not have, because you do not ask God."*

John 16:23-24 (NIV) *"...I tell you the truth, My Father will give you whatever you ask in My name. ²⁴ Until now you have not asked for anything in My name. Ask and you will receive, and your joy will be complete."*

3. **THANK** God In all **CIRCUMSTANCES**.

Philippians 4:6 (NIV) *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

Philippians 4:6b (GNT) *"...Always asking Him with a thankful heart."*

1 Thessalonians 5:18 (NIV) *"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."*

INSIGHT: *There's always **SOMETHING** to be grateful for.*

4. **THINK** about the **RIGHT** things.

Philippians 4:8 (NIV) *"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."*

**The way you think affects the way you feel;
the way you feel affects the way you act.**

INSIGHT: *Whatever you think about*

*is what you are **BECOMING**.*

Philippians 4:7 (TLB) *"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 4:9b (NIV) *"And the God of peace will be with you."*

1 Peter 5:7 (Phillips) *"You can throw the whole weight of your anxieties upon Him, for you are His personal concern."*