

Dealing with Stress
You Asked for It
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Introduction: In the middle of our **STRESS**, God can help us **RISE ABOVE** it. - John 16:33, Psalm 34:19 NKJV

Dealing with Stress - Philippians 4:4

1. **WORRY** about nothing - Philippians 4:6a, Matthew 6:27, 6:34
 - Live one day at a time
2. **PRAY** about everything - Philippians 4:6b-7, 1 Peter 5:7
 - God cares
3. **THINK** about the right things - Philippians 4:8, Proverbs 23:7 NKJV
 - My life is shaped by my thoughts
4. Be **CONTENT** - Philippians 4:11-12, 1 Timothy 6:6
 - Christ is enough
5. Trust God for **ALL THINGS** - Philippians 4:13, 19
 - Trust is born out of real relationship