

August 3, 2014

**OVERWHELMED WITH LIFE:  
STRESS AND ANXIETY AND WORRY  
Phil 4:4-9, 11-13**

**Stressed out.**

- **Relationships.**
- **Finances.**
- **Decisions.**
- **Future.**
- **Health.**

**Solutions to stress. Phil. 4:4-6, 8**

- Rejoice in the midst of **all** circumstances of life. Phil. 4:4-5; Acts 5:41; John 15:11; Phil. 3:1; 2 Cor. 4:7-10, 6:4-10, 12:1-10; Phil. 4:19; Rom. 8:31-39
- Transfer your **trust** from yourself to God. Phil. 4:6; Luke 5:16, 6:12, 9:7-8; Matt. 26:36-46; 1 Thess. 5:17-18; 1 Pet. 5:7; Luke 18:1; Matt. 7:7; Heb. 13:5; Matt. 26:41
- Have the **right** mindset. Phil. 4:8; Col. 3:16; 2 Tim. 3:16; Ps. 119:11, 105; Rom. 12:2; John 14:6, 18:37-38; 1 Tim. 4:12; Gal. 5:22-23; Phil. 2:3-5

**Results. Phil. 4:7, 9, 11-13**

- Stress is replaced by God's **peace**. Phil. 4:7, 9; Rom. 5:1; John 16:33, 14:27; Is. 26:3
- Stress is replaced by **finding** God's contentment. Phil. 4:11-12; Acts 9:22-25, 16:22-24, 17:13, 18-34
- Stress is replaced by **God's** strength. Phil. 4:13; Gal. 2:20; 1 John 4:4; Zech. 4:6; 1 Tim. 1:12; 2 Tim. 4:17