



## YOU ASKED FOR IT

Part 1 – Dealing with Stress  
October 2, 2016

(John 16:33) I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

(Psalm 34:19 NKJV) Many are the afflictions of the righteous but the LORD delivers him out of them all.

### Dealing with Stress

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

#### 1. \_\_\_\_\_ about nothing.

(Philippians 4:6) Do not be anxious about anything...

(Matthew 6:27) Who of you by worrying can add a single hour to his life?

(Matthew 6:34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

✓ \_\_\_\_\_

#### 2. \_\_\_\_\_ about everything.

(Philippians 4:6) ...in everything, by prayer and petition, with thanksgiving, present your requests to God.

(Philippians 4:7) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(1 Peter 5:7) Cast all your anxiety on Him because He cares for you.

✓ \_\_\_\_\_

\_\_\_\_\_  
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#### 3. \_\_\_\_\_ about the right things.

(Philippians 4:8) 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.

(Proverbs 23:7 NKJV) For as he thinks in his heart, so is he...

✓ \_\_\_\_\_

#### 4. \_\_\_\_\_ with my things.

(Philippians 4:11) I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

(Philippians 4:12) I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

(1 Timothy 6:6) But godliness with contentment is great gain.

✓ \_\_\_\_\_

#### 5. \_\_\_\_\_ for all things.

(Philippians 4:13) I can do everything through Him who gives me strength.

(Philippians 4:19) And my God will meet all your needs according to His glorious riches in Christ Jesus.

✓ \_\_\_\_\_



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### Dealing with Stress

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

#### 1. Worry about nothing.

(Philippians 4:6) Do not be anxious about anything...

(Matthew 6:27) Who of you by worrying can add a single hour to his life?

(Matthew 6:34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

✓ Live one day at a time.

#### 2. Pray about everything.

(Philippians 4:6) ...in everything, by prayer and petition, with thanksgiving, present your requests to God.

(Philippians 4:7) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(1 Peter 5:7) Cast all your anxiety on Him because He cares for you.

✓ He cares.

#### 3. Think about the right things.

(Philippians 4:8) 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.

(Proverbs 23:7 NKJV) For as he thinks in his heart, so is he...

✓ My life is shaped by my thoughts.

#### 4. Be contented with my things.

(Philippians 4:11) I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

(Philippians 4:12) I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

(1 Timothy 6:6) But godliness with contentment is great gain.

✓ Christ is enough for me.

#### 5. Trust God for all things.

(Philippians 4:13) I can do everything through Him who gives me strength.

(Philippians 4:19) And my God will meet all your needs according to His glorious riches in Christ Jesus.

✓ Trust is born out of real relationship.