

Being Thankful in Tough Times

God's Strategy for Reducing Stress Philippians 4:4-8 / November 28, 2021

Philippians 4:4 "May you always be joyful in your life in the Lord." (GN)

1. STEP ONE: WORRY ABOUT NOTHING!

"Do not be anxious about anything..." vs. 6a

"Do not fret or have any anxiety..." (Amp)

The facts about worry:

40% never happen

30% concern the past

12% needless health concerns

10% insignificant/petty issues

8% are legitimate concerns

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." Matt. 6:34

Key: LIVE ONE DAY AT A TIME.

2. STEP TWO: PRAY ABOUT EVERYTHING.

"... but in everything, by prayer and petition with thanksgiving, present your requests to God." Vs. 6b

"Petition": SPECIFIC, DETAILED, direct prayer.

"When you pray, tell God every detail of your needs." (Ph)

"Unload all your worries on Him since He is looking after you!"

1 Peter 5:7 (JB)

“You can throw the whole weight of your anxieties upon Him, for you are His personal concern!” 1 Peter 5:7 (Ph)

“... You do not have, because you do not ask God.” James 4:2

Insight: No problem is too big or too small to PRAY about.

3. STEP THREE: THANK IN ALL THINGS.

“... in everything (pray) ... with thanksgiving...” vs. 6b

“always asking Him with a thankful heart.” (GN)

“Give thanks in all circumstances for this is God’s will for you in Christ Jesus.” 1 Thess. 5:18

Insight: The way we express thanks is by GIVING.

4. STEP FOUR: THINK ABOUT THE RIGHT THINGS.

“Finally, brothers, whatever is true ... noble... right... pure... lovely... admirable.... If anything is excellent or praiseworthy -- think about such things.” v. 8

“...fill your mind with those things...” (JB)

The root cause of stress: is the way I choose to THINK.

“As a man thinks in his heart, so is he.” Pr. 23:7 (KJV)

The Result: God’s PEACE!

“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 heart quiet and at rest as you trust in Christ Jesus.” Vs. 7 (LB)