

LOVING LIFE (PART 12)

Stress, What Stress?

August 30, 2009

Pastor Brian King

Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.

Proverbs 12:25 An anxious heart weighs a man down, but a kind word cheers him up.

Matthew 13:22-23 ²² The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful. ²³ But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown.

Philippians 4:2-9 ² I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. ³ Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life. ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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. ⁹ Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you.

4 Options with Stress:

1. _____ it!

2. _____ it!

3. _____ it!

4. _____ it!

1. _____ the _____ !

Philippians 4:2-3 ² I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. ³ Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

2. _____ my _____ !

Philippians 4:4-5 ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near.

3. _____ my _____ !

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

4. _____ my _____ !

Philippians 4:7-9 ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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. ⁹ Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you.

The One Thing

I Don't _____ to Live _____ Out!