

IT'S ALL ABOUT THE JOURNEY

Life is a Highway... Destination Happy!- Part 8
Philippians 4:6-13

"If you do these things you will experience God's peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus." Philippians 4:7 (LB)

IF I WANT TO KEEP FROM STRESSING OUT I MUST:

1. REFUSE TO _____ ABOUT ANYTHING.

"Never worry about anything..." Phil. 4:6 (NLT)

Jesus said...

- WORRY IS _____.
- WORRY IS _____.
- WORRY IS _____.
- WORRY IS _____.

"Unload all your worries on God since He is looking after you!"
1 Peter 5:7 (JB)

2. TALK TO _____ ABOUT EVERYTHING.

"Never worry about anything. Instead in every situation let God know what you need in your prayers and requests."
Phil. 4:6 (GW)

"Since God did not spare even His own Son but gave Him up for us all, won't He who gave us Christ, also give us everything else we need?"
Romans 8:32 (NLT)

3. THANK GOD _____.

"...When you ask God for what you need also thank Him for all He's done."
Phil. 4:6 (NLT)

"In everything give thanks, for this is the will of God in Christ Jesus for you!"
1 Thes. 5:18

4. THINK ABOUT _____.

"Fill your minds with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent or if anything is worthy of honor, think about those things." Phil. 4:8 (NCV/NAS)

"You Lord, will keep in perfect peace all who trust in You, and whose thoughts are fixed on You!" Isaiah 26:3 (NLT)

5. BE CONTENT WITH _____.

"I have learned to be content whatever the circumstances. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether I'm well-fed or hungry, when I have more than I need or when I don't have enough." Phil. 4:11-12 (LB)

"Peace of mind makes the body healthy, but envy is like a cancer."
Prov. 14:30 (TEV)

"It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind."
Eccl. 4:6 (TEV)

HOW?

"I have the strength to face anything and everything by the power that Christ gives me."
Phil. 4:13

"Obey God and be at peace with Him; this is the way to happiness."
Job 22:21 (NCV)

