



“Be Stressed For Nothing”

Wed Mar 9, 2022

I. **Philippians 4:4-8**

A. **Careful**

1. **Be anxious about; take thought**
2. We live in a world full of cares and stress; Fear free, stress free is obtainable but it's only found in the Secret Place! *(8 out of 10 people in America are affected by stress – Generation Z teens (ages 13-17) and adults (ages 18-23) have even greater things trying to stress them out.)*

B. Think on these things

1. Your thoughts are key to how you live in this life
 - * Your thoughts can work for you or they can work against you
 - * What you think on is your choice; THINK ON THESE THINGS!
2. **Matthew 6:25-34**
 - * Key word is “Take”
 - * I refuse to take a thought that causes me to worry, to stress, or fret!

Praise is also a key weapon on controlling thoughts/stress. “Rejoice in the Lord always.....”

II. Fighting Back

A. **II Corinthians 10:4-5**

1. You have the advantage – utilize it!
2. Stress will steal your joy, your peace, your health....
3. Spiritual warfare is the first and most important step when putting stress in its place:
 - * **Meditate on God's Word**
 - * **Cast down any thought that contradicts God's first word of promise**
 - * **Let praise always be on your lips**

B. Life Choices

1. The need for fun & rest (**Mark 6:31-32**)
 - * **Leisure – Good Time**
 - * They went to a desert place privately (this means it's ok to get away from it all....this includes your work and your cell phone!)
2. For the ladies...a day shopping, a day at the spa, nail appointment; for the men....golf, fishing, riding a motorcycle (whatever your desert place is, make it a part of your life).