

May 29, 2016  
Philippians 4:4-7

## GIVING THANKS IN STRESSFUL TIMES

### I. Introduction:

Rejoice in the Lord Always, I will say it again, rejoice!  
Philippians 4:4

[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." Philippians 4:6-7

### II. Three Keys To Surviving Stress:

#### A. Step One: \_\_\_\_\_ About Nothing!

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

The facts about worry:

- \_\_\_\_\_ % never happen
- \_\_\_\_\_ % concern the past
- \_\_\_\_\_ % needless health concerns
- \_\_\_\_\_ % insignificant/petty issues
- \_\_\_\_\_ % 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:

**2. Step Two: \_\_\_\_\_ About Everything.**

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

“Petition”:

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

“Cast all your anxieties upon Him because He cares for you” 1 Peter 5:7

“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:

**3. Step 3: \_\_\_\_\_ 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:

**POINTS TO PONDER**  
**Week of May 29<sup>th</sup> to June 4<sup>th</sup>**  
**Giving Thanks In Stressful Times**  
**Philippians 4:2-9**

**Open It:**

1. How do you tend to respond when things don't go your way?
2. \*What does it take to live at peace with difficult family members or colleagues?

**Explore It:**

3. How did Paul feel toward the Philippian congregation? (4:1)
4. What did Paul exhort the Philippian believers to do? (4:1)
5. \*Why did Paul plead with Euodia and Syntyche? (4:2)
6. How had Euodia and Syntyche helped Paul in the past? (4:3)
7. What was Paul's relationship with Clement? (4:3)
8. How could Paul count on his "loyal yokefellow"? (4:3)
9. What did Paul encourage his readers to do? (4:4)
10. \*How did Paul tell the Philippian Christians to treat others? (4:5)
11. How should an awareness of Christ's imminent return affect a person's attitude? (4:5-7)
12. What did Paul say about anxiety? (4:6-7)
13. What were the Philippians to do instead of worrying? (4:6-7)

14. \*How can a believer enjoy the peace of God? (4:6-7)
15. What are the qualities of wholesome thoughts? (4:8)
16. What were the Philippians to put into practice? (4:9)
17. How can believers enjoy the presence of the God of peace? (4:9)

**Get It:**

18. How have disagreements between people affected your church?
19. \*When have you been involved in helping Christians resolve differences?
20. How can you have a peaceful spirit?
21. \*If you were more thankful, joyful, and gentle, how might your family and friends be affected?
22. What does it take for you to think worthy thoughts?
23. What does it mean to live a righteous life-style?
24. In what areas of your life do you need to follow Paul's example?

**Apply It:**

25. What can you do today to reduce your level of anxiety?
26. \*How can you be an effective peacemaker this week?