



**Philippians 4:1-7, 11-13**

**Message Video:**

[Bless My Stress - The Peace Prescription](#)

Different emotions will fight for your attention:

- Stress
- Fear
- Worry
- Doubt

Let God have the final word.

God used something stressful (pandemic “cancelling” Easter) to expand His kingdom from 5 physical campuses to 20,000 virtual campuses.

The Bible has time-tested techniques on dealing with stress.

- They’ve been working for 2,000 years

## **How can I deal with or minimize my stress?**

Be in a peaceful environment?

Work hard enough to get enough success, money, and security?

All my relationships are thriving?

All my loved ones and I are healthy?

No. It's a broken world. There is always something in disrepair.

Your world can be in chaos, but you CAN experience God's perfect peace.

Phil 4:11-13

*Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.*

- I have LEARNED the SECRET of being CONTENT in EVERY circumstance.

Phil 4:1

*Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!*

- Through any circumstance... I can STAND FIRM!

Quarantined with family (who are getting on my last nerve).

- Maybe due to having different personalities under one roof.

Phil 4:2-3

*Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.*

- Euodia means "Pleasant Journey"
- Syntyche means "The Accident"
  - Very different people
  - Why does God create people with such different personalities?
    - God loves diversity
    - It takes different people with different personalities and temperaments to advance the Gospel.

- “Struggle” - sharing the Gospel is always hard work.
- We have to be different to fill all the different roles.
  - Give people permission in your heart to be different
- Syntyche’s personality - Get stuff done! Do your job!
- Euodia’s personality - relational, sympathetic, encouraging
  - It takes both personalities to advance the Gospel

#### Phil 4:4-5

*Rejoice in the Lord always: again I will say, Rejoice. Let your forbearance be known unto all men. The Lord is at hand.*

- It’s a command to get along with others.
- Forbearing - gentle, kind, being understanding, approachable, not easily offended.
  - 1 Cor 13:5  
*Love [is not] quick to take offense.*
- Don’t let someone else be your emotional thermostat.

#### Phil 4:5-7

*Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

- The Lord is NEAR.
- The peace of God surpasses all understanding.
- The peace of God flows out of the presence of God.
  - God is always with us, but it’s all about focus. (Psalm 139)
  - Focus on the presence of God, not the problem, and God will bring you His Peace.

#### 1 Kings 17-19 | Elijah

- Struggled with mental health issues (depression).
- God performs amazing miracles through Elijah.

### 1 Kings 19:3

*Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.*

- When you're depressed, don't isolate.
- You have to stay connected.

### 1 Kings 19:4

*Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."*

- The problems sounded so loud!

### 1 Kings 19:11-13

- God sends an earthquake, a hurricane, a raging fire
  - God's voice was not in them
- Finally, God sends a gentle breeze
  - He speaks to Elijah in the whisper of the breeze.

Why does God speak so quietly when the problems seem to be so loud?

- If a child is far away, a father has to be loud.
  - But if a child comes near, a father can whisper.
  - God whispers so we have to come near.

God is our grace and our calm.

God is our peace.

# Discussion Questions

*Remember to pick and choose  
which questions work best for your LifeGroup.*

1. What time of day do you feel the most worried or stressed?
2. What is something stressful in your life that God has used for His glory?
3. What external source do you tend to look to in times of stress?
4. Read Philippians 4:11-13. What was your reaction when you learned that verse 13 is referring to contentment in all circumstances?
5. Read Philippians 4:1. In what area of your life do you need to stand firm?
6. How have differing personalities affected your home during this time of quarantine?
7. How have you seen success in your home, work, and life because of different personalities working together?
8. Who is someone in your life that you need to give permission to be different?
9. Read Philippians 4:4-5. Who have you allowed to be your emotional thermostat?
10. Read Philippians 4:5-7. What are some practical ways you can draw near to God in this season?
11. Read Psalm 139. What verses stand out to you as reminders to focus on God's presence instead of our problems?
12. Read 1 Kings 19:3. What are some ways you can stay connected during this season?
13. Read 1 Kings 19:10-13. Why do you think God chooses to speak in the gentle breeze instead of the earthquake, hurricane, or raging fire?
14. When have you felt God's peace and grace because you focused on His promises instead of your problems?
15. How will you draw near to God this week?