



## Philippians 4:4-7,11-12

### Message Video:

### [Bless My Stress - The Secret Stress Buster](#)

There is so much noise going on right now between social media and the news, but there is a secret to make it all STOP.

- Time Tested Techniques found in Philippians 4

Philippians 4:11-12

*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.*

- SECRET Spiritual technique you can LEARN to use when you are stressed out in any and EVERY situation.

How do you divvy up your “everything”?

- Relationships - family, friends, coworkers, haters
- Financial - bills, mortgage
- Professional
- Health
- Spiritual/Religious

Do you trust God with only the spiritual/religious part of your life or EVERY part of your life?

What has stressed you out lately?

- Pastor David's Birthday - his son, Zane, was in the hospital for a possibly life-threatening ear infection.

When you are stressed/worried is THE time to use the secret.

Philippians 4:4-7

*Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

- Don't worry about ANYTHING

## **How Do I Stop Worrying?**

Powerful, Proactive, Positive Steps:

1. Draw NEAR to God and He will draw near to you. (v.5)
  - a. Elijah heard God's voice in the gentle breeze because God wants us to draw near to hear.
2. Substitution
  - a. Bench It! Put worry on the bench.
  - b. Put in your better player: Prayer!

Ask the difficult God questions.

How do I pray?

- Not in King James English
- God is your Heavenly Father
- God is a talker who would love to talk to you.
- Have respect when talking to your father, but tell him about anything.

How long do I pray?

- Pray all day through shotgun prayers
- Pray persistently, energetically
- James references Elijah for how to pray (James 5:16-17)
  - When Elijah Prayed, things happened.
  - The miracles are the end results of his prayers
    - 1 Kings 18 - God told Elijah to pray for rain and promised to bring the rain.
    - He prayed energetically and bent down.
    - He prays 6 times for something God promised and nothing happened
    - On the seventh prayer, a cloud appears.
  - Elijah persisted.
- Pray until God keeps His promise.

- Pray Until Something Happens

While Zane was in the hospital on Pastor David's Birthday, Pastor David:

- Worried -- but he prayed
- Anxious -- but he prayed
- Stressed -- but he prayed
- Cried -- but he prayed
- Watched a movie -- and he prayed
- Ate pizza -- and he prayed

After a whole day of praying, God answered Pastor David's prayer.

Keep praying until Worry gets so discouraged on the bench that he moves off the field entirely.

Our God is BIGGER than EVERY area of our lives...

- In the season of stress...
- In the world of worry...
- In the pandemic of panic...
- In the quagmire of quarantine...

WE HAVE THE SECRET

Philippians 4:4-7

*Rejoice in the Lord always. I will say it again: **Rejoice!** 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.*

Philippians 4 is probably the most uplifting and positive chapter of the Bible.

- Written by Paul while he was in a Roman prison with no sign of being released.
- He had a death sentence hanging over him.

In a loud, negative world...

- Take a break.
- Turn off the internet, social media, that television, that laptop
- Let GOD speak to you!

# Discussion Starters

*Remember to pick and choose  
which ones make the most sense for your group.*

1. What is making the most noise in your life right now?
2. How do you divvy up your “everything”?
3. Is there an area of your life with which you have trouble trusting God?
4. What is something that has stressed you out lately?
5. What is your first reaction when you are stressed/worried?
6. How have you drawn near to God this week?
7. How do you pray? (journal, out loud, in a designated space, etc)
8. Do you find it easy or difficult to think of God as a loving Father you can talk to about anything?
9. Share a time when you prayed persistently and energetically until something happened? Was it the answer you wanted?
10. How does the fact that Paul was in a Roman prison with the threat of a death sentence when he wrote Philippians 4 change your perspective of contentment and worry?
11. How will you take a break, turn off the noise, and let God speak this week?