**HOW TO REDUCE STRESS**

**The Pursuit of Happyness - Part 6**

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**Philippians 4:4 (NIV) – Memory Verse**
Rejoice in the Lord always. I will say it again: Rejoice!

STEPS TO REDUCE STRESS

1. STEP ONE: **Worry About Nothing**

 *"Do not be anxious about anything..."* (vs. 6a)

 *"Do not fret or have any anxiety ..."*  (Amp)

 *"Be careful for nothing ..."* (KJV)

 WORRY: "Assuming **Responsibility** that God **Never Meant** for me to have."

Research on Worry

 **\_\_\_\_\_40\_\_\_** % never happen

 **\_\_\_\_\_30\_\_\_** % concern the past

 **\_\_\_\_\_12\_\_\_** % needless about health

 **\_\_\_\_\_10\_\_\_** % insignificant/petty issues

 **\_\_\_\_\_\_8\_\_\_** % legitimate concerns

(Jesus) *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own."* Matt. 6:34

 Insight: **Live One Day At A Time**

II. STEP TWO: **Pray About Everything**

 *"...but in everything, by prayer and petition with thanksgiving, present your requests to God."* v. 6b

 PETITION:

 *"When you pray, tell God every detail of your needs"*  (Ph)

 *"Unload all your worries on Him since He is looking after you!"* I Peter 5:7 (JN)

 *"You can throw the whole weight of your anxieties upon Him, for you are His personal concern!"* I Peter 5:7 (Ph)

 Insight: **There Is No Problem Too Big For God’s Power or Too Small For God’s Concern**

 James 4:2, John 16:23-24

III. STEP THREE: **Thank God For All Things**

 *"...in everrything... with thanksgiving."* v. 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."* I Thess. 5:18

 Insight: **There Is Always Something To Be Grateful For**

IV. STEP FOUR: **Think About The Right Things**

 *"Finally, brothers, whatever is true ... noble ... right... pure ... lovely ... admirable - if anything is excellent or praiseworth -- think about such things."*

 *"... fill your mind with those things ..."*  (GN)

 *"...fix your mind on them ..."* (GN)

 *"As a man thinks in his heart, so he is."* Pr. 23:7 (KJV)

 INSIGHT: **Whatever I Think About Is What I Am Becoming**

THE RESULTS: *If you do this you will experience God's Peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus."* vs. 7