

# How to Keep from Stressing Out

*Sermon Series: Clean Slate*

*Proverbs 14:30 TEV/NLT, Philippians 4:1-13*

## **HOW TO KEEP FROM STRESSING OUT**

*If you want to keep from stressing out...*

❶ **SETTLE ARGUMENTS BETWEEN EACH OTHER.**

*(Philippians 4:2-5)*

❷ **REFUSE TO WORRY ABOUT ANYTHING.**

*(Philippians 4:6 NLT)*

❸ **TALK TO GOD ABOUT EVERYTHING.**

*(Philippians 4:6 GW)*

❹ **THANK GOD IN ALL THINGS.**

*(Philippians 4:6 NLT)*

❺ **THINK ABOUT GOOD THINGS.**

*(Philippians 4:8 NCV/NAS)*

❻ **BE CONTENT WITH ANYTHING.**

*(Philippians 4:11-12 LB)*

# How to Keep from Stressing Out

*Sermon Series: Clean Slate*

*Proverbs 14:30 TEV/NLT, Philippians 4:1-13*

## **HOW TO KEEP FROM STRESSING OUT**

*If you want to keep from stressing out...*

❶ **SETTLE \_\_\_\_\_ BETWEEN EACH OTHER.**

*(Philippians 4:2-5)*

❷ **REFUSE TO \_\_\_\_\_ ABOUT ANYTHING.**

*(Philippians 4:6 NLT)*

❸ **TALK TO GOD ABOUT \_\_\_\_\_.**

*(Philippians 4:6 GW)*

❹ **THANK GOD IN \_\_\_\_\_.**

*(Philippians 4:6 NLT)*

❺ **THINK ABOUT \_\_\_\_\_ THINGS.**

*(Philippians 4:8 NCV/NAS)*

❻ **BE \_\_\_\_\_ WITH ANYTHING.**

*(Philippians 4:11-12 LB)*