

# How to Keep from Stressing Out

*Sermon Series: Emotions: Dealing With How You Feel*

**Philippians 4:1-13**

***YOUR JOY SHOULD BE SECURED BY  
YOUR HABITS, NOT YOUR CIRCUMSTANCES.***

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

*6 Stress Reducers - If I 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)

**❸ TALK TO GOD ABOUT EVERYTHING.**

(Philippians 4:6)

**❹ THANK GOD IN ALL THINGS.**

(Philippians 4:6)

**❺ THINK ABOUT GOOD THINGS.**

(Philippians 4:8)

**❻ BE CONTENT WITH ANYTHING.**

(Philippians 4:11-12)

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