How to Keep from Stressing Out

Sermon Series: Emotions: Dealing With How You Feel

Philippians 4:1-13

YOUR JOY SHOULD BE <u>SECURED</u> BY YOUR HABITS, NOT YOUR <u>CIRCUMSTANCES</u>.

HOW TO KEEP FROM STRESSING OUT

6 Stress Reducers - If I want to Keep From Stressing Out...

- SETTLE <u>ARGUMENTS</u> BETWEEN EACH OTHER. (Philippians 4:2-5)
- REFUSE TO WORRY ABOUT ANYTHING. (Philippians 4:6)
- TALK TO GOD ABOUT <u>EVERYTHING</u>. (Philippians 4:6)
- THANK GOD IN <u>ALL THINGS</u>. (Philippians 4:6)
- **6** THINK ABOUT <u>GOOD</u> THINGS. (Philippians 4:8)
- **6** BE <u>CONTENT</u> WITH ANYTHING. (Philippians 4:11-12)

Current Series: Emotions: Dealing With How You Feel How to Keep from Stressing Out_by Pastor Jesse Elizondo (3/22/20).

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HOW TO KEEP FROM STRESSING OUT 6 Stress Reducers - If I want to Keep From Stressing Out		
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2	REFUSE TO(Philippians 4:6)	ABOUT ANYTHING.
8	TALK TO GOD ABOUT(Philippians 4:6)	
4	THANK GOD IN(Philippians 4:6)	
6	THINK ABOUT(Philippians 4:8)	_THINGS.
6	BE WITH (Philippians 4:11-12)	ANYTHING.

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