**“Living In Stressful Times.” Phil. 4:4-7**

**Let me ask you some questions this morning. Does having Christ as your Lord and Savior make a difference? Most Christians would say that it does. If it does, then what difference is He making in your life when it comes to stress? Are you handling stress any better than those in the world?**

**Paul says that ridding ourselves of stress starts with:**

**I. A Rejoicing Heart**

**A. God wants us to rejoice \_\_\_\_\_\_\_\_\_\_.**

**B. We are commanded to rejoice \_\_\_\_ \_\_\_\_ \_\_\_\_\_\_.**

**C. What happens when you begin to rejoice? \_\_\_\_\_ \_\_\_\_\_\_.**

**II. A Gentle Spirit**

**A. Our gentleness is to be evident to \_\_\_\_.**

**B. Gentleness was a characteristic of \_\_\_ \_\_\_\_\_ \_\_\_\_.**

**III. A Non-Anxious Attitude**

**A. In other words, \_\_\_\_\_ \_\_\_\_\_\_\_\_!**

**B. The real antidote to worry is \_\_\_\_\_\_\_ \_\_\_\_\_ \_\_**

**\_\_\_\_\_\_.**

**IV. A Prayerful Lifestyle**

**A. The message is simple, \_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_.**

**B. We are exhorted to pray \_\_\_\_\_ \_\_\_\_\_\_\_.**

**V. A Peaceful Mind**

1. **But for us, as Christians, there is a promise of peace.**

**It is a peace that \_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.**

**B. It is a peace that enables us to** \_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

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