

How to Keep From Stressing Out

“HAPPY”



Harv Lyon
April 27, 2025

“Always be full of joy in the Lord. I say it again – rejoice! – Philippians 4:4

*“If you do **THESE THINGS** you will experience God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus.” – Philippians 4:7 (LB)*

1. _____.

“Never worry about anything.” – Philippians 4:6 (NLT)

Matthew 6:25

(A) WORRY IS _____. (B) WORRY IS _____.

Matthew 6:26

“An anxious heart weighs a man down.” – Proverbs 12:25

“A heart of peace gives life to the body.” – Proverbs 14:30

(C) WORRY IS _____.

“Who of you by worrying can add a single hour to his life?” - Matthew 6:27

(D) WORRY IS _____.

Matthew 6:30

1 Peter 5:7

2. _____.

“Never worry about anything. Instead in every situation let God know what you need in your prayers and requests.” – Philippians 4:6 (GW)

James 4:2

Romans 8:32

3. _____.

Philippians 4:6

1 Thessalonians 5:18

4. _____.

What we fill our minds with determines the level of stress in our life.

"Fill your minds with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent or if anything is worthy of honor, think about those things." – Philippians 4:8 (NCV/NAS)

"You Lord, will keep in perfect peace all who trust in You, and whose thoughts are fixed ON YOU!" - Isaiah 26:3

5. _____.

Contentment is enjoying what I have right now rather than waiting for something else to happen in order for me to be happy.

"I have learned to be content whatever the circumstances. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether I'm well-fed or hungry, when I have more than I need or when I don't have enough." - Philippians 4:11-12 (LB)

(A) _____ kills Contentment

"Peace of mind makes the body healthy, but envy is like a cancer." - Proverbs 14:30 (TEV)

(B) _____ is not necessarily better

"It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind." – Ecclesiastes 4:6 (TEV)

"I have the strength to face anything and everything by the power that Christ gives me." – Philippians 4:13

I can do all things through Christ who gives me strength – Philippians 4:13

- Refuse to worry about anything.
- Talk to God about everything.
- Thank God in all things.
- Think about good things.
- Be content with anything.

Msg Concept: Rick Warren

Ways to Connect at CPFC:

Adult Bible studies, Young Adult Bible studies, Youth group, Kid's Konnect, Creator Space, Prayer Groups, PALS 55+, Amazing Grace Ministries, Mission Trips, Softball, Media, Grounds and Greeting teams and more!

Upcoming Events at CrossPointe:

May 11th – Mother's Day

May 18th – Graduation Sunday



- Answers:
1. Refuse to worry about anything.
 - (A) Unreasonable
 - (B) Unnatural
 - (C) Unhelpful
 - (D) Unnecessary
2. Talk to God about everything.
 3. Thank God in all things.
 4. Think about good things.
 5. Be content with anything.
- (A) Comparison
(B) More