

5 Questions to Overcome Anxiety and Stress in the Days of Our Lives

Philippians 4:6-7

The word peace is used over _____ times in the Bible. Bible mentions 2 kinds of peace:

1. Peace _____ God.

Romans 5:1 *Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:*

Peace of God comes at the moment of our salvation. When we placed our faith and trust in the Lord Jesus Christ the hostility, the barrier is no longer.....

2. Peace _____ God. v 7

Jesus told His disciples in John's Gospel we can have a peace that will calm our hearts no matter what's going on.

John 14:27 *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

John 16:33 *Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me.*

Tonight I want us to look at 5 questions that will help us to have peace in the stress and storms of this life. The first 4 questions deal with us as believers.

The fifth question deals with unbelievers only !

I. Question no. 1 How are we _____ ? Philippians 4:_____

Prayer is the place where stress and anxiety _____ shoulders. AMEN

1st Peter 5:7 *Casting all your care upon him; for he careth for you.*

If it's big enough to _____ about it's big enough to _____ about.

Replacing _____ with _____ !

Show me a person who makes prayer a priority and I'll show you a person

whose _____ is not falling _____ !

II. Question no. 2 What are we _____ ? Philippians 4:_____

Our thought life affects our _____ life. God has made us in such a way that

we can't _____ two thoughts at a time. Therefore if we're thinking.....

Key thought: I've discovered through the years we can _____ what we _____ !

We can't keep the birds from _____ about what _____ think about !

Every day we must saturate our hearts and minds with God's Word.

Here's a great verse to claim when your feeling stress and anxiety. Isaiah 26:_____

III. Question no. 3 Who are we _____ ? Philippians 4:_____

The people at Philippi knew Paul _____ what he _____.

No one went through more stress, trials, troubles and tribulations than did Paul.

The Apostle was beaten, stoned, shipwrecked, imprisoned but yet God gave him a peace that passeth all understanding ... Philippians 4:7

Not going to follow someone who is **Always** down, discouraged, defeated and who DRAGS me down spiritually. Choose friends who _____ us up, not tear us down.

Proverbs 27:17

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Remember ISI

Never too old to learn from others on how to do life _____ !

Follow people like:

IV. Question no. 4 Where are we _____ ?

3 possibilities when it comes to our minds. Either we're living in the:

_____ or _____.

Jesus said in **Matthew 6:34** ***Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.***

Sufficient unto the day is the evil thereof.

As God's people:

Our past is _____. Philippians 3:13

Our future is under _____. John 14:3

We don't know how Jesus is going to deal with tomorrow, but we do know

He is sufficient for TODAY. Deuteronomy 33:25

V. Question no. 5 For unbelievers only. When will you find _____ ?

Ephesians 2:13-14 ***But now in Christ Jesus ye who sometimes were far off are made nigh by the Blood of Christ. For He is our peace.....***

If you've never experienced God's peace, you can today by trusting God's Son the Lord Jesus Christ as Savior.

No _____ apart from the _____ of _____ !