

Aveleigh's HAPPINESS PROJECT Week 8, Oct 29,2017
Reformation Sunday
Sermon, HAPPIER CHOICES ARE GOD'S STRESS BUSTERS
PHILIPPIANS 4:6-13 1266

"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." verse 7 (LB)

SO: If I want to keep from stressing.....

1. REFUSE TO WORRY ABOUT ANYTHING.

"Never worry about anything..." Phil. 4:6 (NLT)

Jesus said...

WORRY IS UNREASONABLE

"Don't worry about your life, what you'll eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"
Matt. 6:25

WORRY IS UNNATURAL

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" Matt. 6:26

"And why worry about clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was never clothed as beautifully as they." Matt. 6:28-29

WORRY IS UNHELPFUL

"Who of you by worrying can add a single hour to his life?" Matt. 6:27

WORRY IS UNNECESSARY

"If God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you, O you of little faith?" Matt. 6:30

"Unload all your worries on God since He is looking after you!" 1 Peter 5:7 (JB)

2. TALK TO GOD ABOUT EVERYTHING.

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

"You do not have, because you do not ask God." James 4:2

“Since God did not spare even his own Son but gave him up for us all, won't He who gave us Christ, also give us everything else we need?” Romans 8:32 (NLT)

3. CONTINUALLY THANK GOD IN ALL THINGS.

When you ask God for what you need also thank him for all he's done.” Phil. 4:6 (NLT)

*“In everything give thanks, for THIS is the will of God in Christ Jesus for you!”
1 Thes. 5:18*

4. THINK ABOUT GOOD THINGS

“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.” Phil. 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 (NLT)

5. BE CONTENT WITH YOUR THINGS

“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.” Phil. 4:11-12 (LB)

Prayer: Dear God, I want to make happier choices. Help me to worry about nothing. Help me to pray about everything, and instead of WORRYING to myself, talk to you. Help me to thank God in all things. Help me to think about the good things. And God, I ask you to help me to be content with what I have. God, I want to have peace with you so I can have the peace of God. In Jesus name. Amen.

- FOUR FOR YOUR ROAD AHEAD:**
1. How does stress effect the people you know?
 2. How do they cope with their stress?
 3. How do you cope with your stress?
 4. What ***happier choices*** could you make to cope better with stress?

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Call to worship

Leader: We gather as God's happy people:

All: To seek direction in the living of our lives.

Leader: We gather as God's happy people:

All: To be still and hear what God would have us do.

Leader: We gather as God's happy people:

All: To be renewed, restored and recreated.

Leader: We rejoice that we are God's happy people:

All: To serve, to love and to sing God's praise

Prayer of confession

,Dear God, We don't really want to be stressed out. We want to learn the habits of happiness. You have promised that if we do these things we will experience your peace. So we are going to hold you at your Word. We don't have the strength to do these, so Jesus Christ, We need you to give us that strength. Help us to worry about nothing. To remember it's unreasonable and unnatural and unhealthy and unnecessary. You're going to take care of us. we

Dear God, help us to worry less and less and trust you more and more. And dear God, help us to pray about everything. Instead of talking to ourself, talk to you. Help us to thank God in all things. Help us to think about the good things. And God, we ask you to help us to be content always. God, we want to have peace with you so We can have the peace of God. We don't understand it all but as much as we know how we say yes to you. We don't want

a religion. We want a relationship. We just want to get to know you. So we open my heart as humbly we say, make yourself real to us. We pray this in your name. Amen.