

“Can We Live Stress Free?”

Philippians 4:6-13

“Alexander the Great was once asked how he could sleep so soundly while constantly surrounded with danger. He replied that he lost no sleep at all: **Parmenio**, his faithful guard, kept watch so he could rest. If a general can sleep because a **mere man** is watching over **him by night**, how much more should we sleep, knowing our **eternal God is keeping watch**? He never slumbers. He never sleeps. He perceives you, and I hope your sleep is deep and refreshing in the knowledge of it.” - Dr. David Jeremiah

Does Stress cause you to lose sleep?

Does it affect your health?

Is it possible to live stress free?

I. PRACTICE PRAYING WITH THANKSGIVING:

- A. Be thankful in every prayer and overcome **anxiety**.
- B. Be thankful **He loves you** and cares for you. Jeremiah 29:11
- C. Be thankful for the times the Lord has answered your **prayers**!
- D. Be thankful for the times the Lord has **spared your life**.

II. PRACTICE BEING A POSITIVE THINKER:

- A. What you put in your **mind** determines the kind of person you are. Proverbs 23:7
- B. Some research says we tend to think 21 **negative** thoughts for every positive.
- C. Research indicates that **negativism** does 10 x's and tears down 10 x's what it takes good to build up.
 - i. Say something negative about what a person does = **10** points.
 - ii. Say something negative about who he is = **100** points.
 - iii. Say something good about what a person does = **1** point.
 - iv. Say something good about who he is = **10** points.

III. PRACTICE MAKING PROGRESS IN FAITH:

- A. Learning to be **content** is a great stress reliever.
- B. Another stress reliever is to stop thinking of **yourself** and think of **others**.
- C. Another stress reliever is to be satisfied with your income and spend **less** than you **earn**.