

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



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Experiencing Joy When You’re Stressed

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things” (Philippians 4:8 NIV).

You can’t reduce stress in your life unless you change how you think. Our stress doesn’t come from the outside but from the inside.

Your mind is a special gift from God. It’s capable of storing more than 100 trillion thoughts. It can handle enormous amounts of information. God has given you the freedom to choose what you think about, from among all of that information.

The Bible says, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things” (Philippians 4:8 NIV).

Paul reminds us that we can choose what we think about, and he encourages us to think about the right things. What we put into our minds impacts how we live.

It’s really no wonder we’re stressed when we consider what most of us think about on a regular basis. Many people, even Christians, allow anything and everything into their minds. Reading depressing books and watching depressing movies will lead to only one outcome.

What you think affects the way you feel; the way you feel affects the way you act. Guard your mind. Keep your mind on the right things.

Philippians 4:8 tells us to fix our minds on these good things. Paul means that we need to make a deliberate choice. Change the channel on our minds. Only allow in things that fit into the characteristics described in that verse.

What happens when you do that?

You get what God promises in the prior verse: “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:7 NIV).

Doesn’t that sound like it’s worth it?

KEY VERSE

Philippians 4:6 (NKJV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God”

WEEKLY READINGS

Monday: Philippians 4:6-13

Introduction

1. We all feel stressed at times. List some things that cause stress in your life.

2. Based upon today’s scripture reading, how can you put off the stress in your life?

Tuesday: Philippians 4:6a; Psalm 31:1-9a; Luke 12:25-28

Trust Completely

3. Philippians 4:6a tells us to be anxious for nothing. What are some things you worry about?

4. List some reasons why God is worthy of your trust in these situations.

Wednesday: Philippians 4:6b-7; Hebrews 4:16; Colossians 4:2

Pray Continually

5. How would you rate your prayer life on a scale of 1 to 10? How often do you turn to God when you are feeling stressed?

6. Did you know that when you pray you have a personal audience with God? Write a bold prayer to God. Include who He is and how much He knows and loves you. Ask God to increase your trust in Him.

Thursday: Philippians 4:8; Colossians 3:1-4; II Corinthians 10:5

Think Positively

7. How does negative thinking add to stress in your life?

8. Philippians 4:8 gives us some categories of things that we should meditate on. What are things you can think about that match this description?

9. Colossians 3:2 tells us to set our minds on things above. What do you do to set your mind on things above?

10. How can you keep your thoughts focused on Jesus when so much around us is against Him?

Friday: Philippians 4:9-13; Romans 12:2; Psalm 119:165

Obey Constantly

11. How does disobedience cause stress in your life?

12. What is the correlation between our thoughts and our actions? What is the standard for our thought life in Romans 12:2?

13. How do you know what God wants you to do? How can you use the Bible to shape your thoughts and remind you to obey God?