

2. STEP TWO: _____ ABOUT _____.

⁶*...but in everything, by prayer and petition, with thanksgiving, present your requests to God.* **Phil 4:6b (NIV)**

⁷*You can throw the whole weight of your anxieties upon Him, for you are His personal concern!* **1 Peter 5:7b (Ph)**

Insight: No problem is _____ or _____
_____ to _____ about.

3. STEP THREE: _____ IN _____.

⁶*...but in everything, by prayer and petition, with thanksgiving, present your requests to God.* **Phil 4:6b (NIV)**

¹⁸*Give thanks in all circumstances, for this is God's will for you in Christ Jesus.* **1 Thes 5:18 (NIV)**

Insight: Look at what's _____ – not what's _____.

4. STEP FOUR: _____ MY _____ ON THE _____ THINGS.

⁸*Finally, brothers, 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.* **Phil 4:8 (NIV)**

⁷*For as he thinks in his heart, so is he.* **Pr 23:7 (NKJV)**

The root cause of stress: The _____ I _____.

⁷*If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.* **Phil 4:7 (TLB)**

2. STEP TWO: PRAY ABOUT EVERYTHING.

⁶...but in everything, by prayer and petition, with thanksgiving, present your requests to God. **Phil 4:6b (NIV)**

⁷You can throw the whole weight of your anxieties upon Him, for you are His personal concern! **1 Peter 5:7b (Ph)**

Insight: No problem is **TOO BIG** or **TOO SMALL** to **PRAY** about.

3. STEP THREE: THANK GOD IN ALL THINGS.

⁶...but in everything, by prayer and petition, with thanksgiving, present your requests to God. **Phil 4:6b (NIV)**

¹⁸Give thanks in all circumstances, for this is God's will for you in Christ Jesus. **1 Thes 5:18 (NIV)**

Insight: Look at what's **LEFT** – not what's **LOST**.

4. STEP FOUR: SET MY MIND ON THE RIGHT THINGS.

⁸Finally, brothers, 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. **Phil 4:8 (NIV)**

⁷For as he thinks in his heart, so is he. **Pr 23:7 (NKJV)**

The root cause of stress: The **WAY I THINK**.

⁷If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. **Phil 4:7 (TLB)**
