

## *The Pursuit of Happiness* **Stress-Free Living**

### I. Introduction

- A. Philippians 4:7 (NAS) *And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

### II. How to Live a Stress-Free Life

- A. I have to refuse to worry about anything.

1. Philippians 4:6 (NAS) *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*
  - a. Worry is unreasonable.
    - i. Matthew 6:25 (NLT) *“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?”*
  - b. Worry is unnatural.
    - i. Matthew 6:26 (NLT) *“Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?”*
  - c. Worry is unnecessary.
    - i. Matthew 6:30 (NLT) *“And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you.”*

- B. You talk to God about everything.

1. Philippians 4:6 (NAS) *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

- C. Thank God in all things.

1. Philippians 4:6 (NAS) *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

- D. Think about good things.

1. Philippians 4:8 (NAS) *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*
2. Isaiah 26:3 (NAS) *“The steadfast of mind You will keep in perfect peace, because he trusts in You.”*
3. “If you look at the world, you’ll be distressed. If you look within, you’ll be depressed. If you look at God you’ll be at rest.” (Corrie ten Boom)

- E. Learn to be content with what you have.

1. Contentment is enjoying what I have right now rather than waiting for something else to happen in order for me to be happy.
2. Philippians 4:11-12 (NAS) *“Not that I speak from want, for I have learned to be content in whatever circumstances I am. <sup>12</sup>I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.”*

- a. Stop comparing!
  - b. Stop thinking that having more is better.
  - c. Learn to admire without having to acquire.
3. Philippians 4:13 (NAS) *I can do all things through Him who strengthens me.*
  4. Job 22:21 (NAS) *“Yield now and be at peace with Him; thereby good will come to you.”*

### **III. Conclusion**