

**PHILIPPIANS...PART XXIV**  
"How to manage stress continued..."  
Reference: **Philippians 4:4-9**  
Pastor Larry Webb

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In chapter four and verses four through nine, Paul mentions some specific steps we can use to better manage stress

ONE is to **rejoice** at **all** times  
**verse four**

TWO is to **be gentle** to **all** people  
**verse five**

THREE is to not **worry** at **all**  
**verse six**, "*Be anxious for nothing...*"

FOUR is to \_\_\_\_\_ about **all** things  
**verse six**, "*Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God.*"

The term "*prayer*" used in this sentence means "*adoration*" and adoration is the same as praise. This adoration happens through reciting to God His \_\_\_\_\_ and \_\_\_\_\_.

- God's attributes are His different properties and \_\_\_\_\_ as God.
- God's acts are what He has \_\_\_\_\_

The second prayer form mentioned in this verse is "*supplication*" and the Greek word translated as supplication originally meant "to bring an olive branch to a sovereign (king)."

The word primarily refers to asking for something from God.

Reference: **Psalm 81:10**, God said, "*Open your mouth wide and I will fill it.*"

Reference: **James 4:2**, "*...you do not have because you do not ask.*"

FIVE is to be \_\_\_\_\_ in **all** circumstances  
**verse six**, "*...but in everything, by prayer and supplication, with thanksgiving*"

Reference: **Colossians 4:2**, "*Continue earnestly in prayer, being vigilant in it with thanksgiving.*"

Reference: **I Thessalonians 5:18**, "*in everything give thanks for this is the will of God in Christ Jesus for you.*"

There's a three-part agenda for developing an attitude of gratitude...

- \_\_\_\_\_ life without God
- \_\_\_\_\_ just how much we are indebted to God for all He has and is doing for us
- \_\_\_\_\_ our appreciation to God and to others on a daily basis

SIX is to \_\_\_\_\_ about **all** the right things  
**verse eight**, "*Finally, my brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praise-worthy- meditate on these things.*"

**true** means factual and \_\_\_\_\_

**noble** means honorable \_\_\_\_\_

**just** means equitable and \_\_\_\_\_

**pure** means chaste, modest, and innocent

**lovely** means agreeable and \_\_\_\_\_

**good report** means reputable

**virtue** means \_\_\_\_\_

**praiseworthy** means commendable

The result of practicing these simple steps is found in **verses seven and nine.**