

**PHILIPPIANS...PART XXIII**  
"How to manage stress"  
Reference: **Philippians 4:4-8**  
Pastor Larry Webb

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In **chapter four verses four** through **eight** Paul outlines a six-part stress management program

**PART ONE** is to \_\_\_\_\_ at all \_\_\_\_\_  
**verse four**, "*Rejoice in the Lord always*"  
References: **Psalm 5:11; 9:2; 28:7; 40:16; 85:6; and 97:12**

**PART TWO** is to be \_\_\_\_\_ to all people  
**verse five**, "*Let your graciousness be known to all men. The Lord is at hand.*"  
The Greek word translated as "*at hand*" is the word "\_\_\_\_\_" and can mean nearness in \_\_\_\_\_ or nearness in \_\_\_\_\_.

One interpretation is that this word is used in a chronological sense so this is a reference to Jesus return at the rapture and essentially means Jesus is coming \_\_\_\_\_.  
The second interpretation is that this word means nearness in space and is a reference to God's relational closeness to us in the sense of His \_\_\_\_\_.  
References: **Psalm 119:151a, Psalm 145:18 and Hebrews 13:5b**

Definition: gentleness is strength under \_\_\_\_\_

**PART THREE** is to not worry \_\_\_\_\_  
**verse six**, "*Be anxious for nothing...*"

Definition: being worried is assuming responsibilities that God \_\_\_\_\_ intended me to have.

Three practical suggestions on how to not be worried...

- understand just how \_\_\_\_\_ worry is  
\_\_\_\_ percent of all worries \_\_\_\_\_ happen  
\_\_\_\_ percent of all worries are about the \_\_\_\_\_  
\_\_\_\_ percent of all worries are about unnecessary things related to our \_\_\_\_\_

\_\_\_\_ percent of all worries are about \_\_\_\_\_  
issues  
\_\_\_\_ percent of all worries are about \_\_\_\_\_  
concerns

- count on God to keep His \_\_\_\_\_  
Someone has counted at least \_\_\_\_\_ promises from God to man mentioned in the Bible.
- turn everything over to \_\_\_\_\_  
Reference: **I Peter 5:7**, "*casting all your care upon Him (God), for He (God) cares for you.*"  
Reference: **Psalm 55:22a**, "*Cast your burden upon the Lord, and He shall sustain you...*"

Remember

- God is concerned about \_\_\_\_\_
- God is concerned about everything that happens to \_\_\_\_\_
- God wants my worries and He wants them \_\_\_\_\_