

How to Handle Stress: Resources for Christian Living

Text: Philippians 4

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Philippians 4 is a chapter that gives us Christian resources for daily living. In the midst of life, doubts, anxiety, frustration, deprivation, even depression, Paul shares seven key concepts and ten important resource ideas.

Seven key concepts of the Christian life

- 4, Rejoice in the Lord
- 5, The Lord is near
- 7, We serve a God of peace
- 7-9, The peace of God guards our hearts, helping us think about and practice godliness
- 13, God empowers
- 19, God supplies
- 23, God's grace is with us

Ten resource ideas

- 2, don't get down on the church or the brothers; the church is a primary resource in ministry and in living the Christian life
- 4, rejoice as Christians; we can cope
- 5, be gentle; God is in control
- 6, depend on God
- 6, take your problems to God
- 8-9, think right, think positively, practice goodness
- 10-11, always be grateful and thankful
- 11, be content
- 13, use God's strength, I can do this because God equips me, see also Eph. 3:20
- 21-22, love each other