**No Matter What – A Study In The Book Of Philippians**

**~Philippians 4:5-8 – Advice For Handling Worry And Stress~**

**\*\* As we begin:**

* Probably most of us have had moments of worry and stress in our life. Worry is not age specific.
* 55% of people feel stressed every day.
* Worry and stress affect us physically. It can cause headaches, fatigue, and at times, heart issues. It can affect our relationships.

**Handling Worry And Stress**

**Some practical advice – Phil. 4:5-7**

* In **vs. 5** Paul tells us to let our “reasonableness” (fair, gentle, nonretaliatory spirit) be known to all.
* When things go south, we don’t retaliate, we show mercy and put others first.
* **Vs. 6** tells us to not be “anxious” (to be troubled with cares) about anything. Whether finances, health, relationships, cultural issues, if we focus on bad stuff we get anxious and worry.
* I do think there is a “right” place for care and concern **(2 Cor. 11:28)**. Paul talked about the “anxiety” (caring for someone) he had for the churches. We need to care without being overwhelmed.
* **Phil. 4:6** tells us how to handle worry. There are four words that help us and they overlap.
* **First**, we are to come to the Lord in prayer. This word has the idea of worship and reverence. It is giving God His proper place in our life.
* **Second**, note the word “supplication.” This is bringing needs to God.
* **Third**, the word “requests” is in this verse. It is a thing asked for.
* The key to praying and such is to do so with a heart of thanksgiving, with the right attitude and worshipful heart as we ask for God’s help.
* **Vs. 7** tells us the result of praying with the right heart and giving Him our worries and stress.
* God’s “peace” (comfort, assurance) will “guard” (a word that is used to describe a military guard) and here “to protect by guarding” our “hearts and minds” (words that cover our emotions, intellect, will and conscience.
* We can rest in Christ, knowing that He is with us through every situation.
* **Note:** Worry and fear stops the Lord from guarding our hearts. We think things we should not. We worry about things that have not even occurred. This peace goes beyond what we can fully grasp.

**Things to think about – Phil. 4:8**

* The ideas mentioned in **vs. 8** can help us deal with worry and stress. We will briefly define each word.
* **True.** Truth is found in God’s Word. Do not listen to lies, falsehoods. Truth and reality go together. We compare teachings from people to God’s Word. Worry is at times not connected to God’s truth.
* **Honorable.** Think on things worthy of respect. It has the idea of taking life seriously. This does not mean we cannot have fun. We look at things from God’s perspective. Think about God’s attributes.
* **Just.** This has to do with doing what is right according to God’s standards. It is seen in how we treat people. Treat everyone as Christ would want us to. Clarify the truths of God with what the world says.
* **Pure.** We are bombarded with immorality, greed, selfishness. Wrong thinking can lead to worry. We choose to not allow bad thoughts to control us. God can help us in this. Think the right thoughts.
* **Lovely.** The word means “acceptable, pleasing, agreeable.” Bitterness and anger can lead to worry and stress. Forgive, be kind, be patient with others. See **Col. 3:12-16; Gal. 5:21-22; Rom. 12:17-21**.
* **Ephesians 4** tells us that our new life in Christ is what we build off. We have a new mind in Christ and we need to develop our thinking around the things of God. Now, to one final word that Paul notes.
* **Commendable.** The word means “things spoken in a kind spirit, with good-will to others.” Do not gossip, slander, etc. This can lead to worry and stress. Our words speak to the condition of our heart.
* The word “excellent” describes “moral excellence, pure.” Think on things that bring glory and praise to God. We must feed our minds on the proper things.

**\*\* Two thoughts to take with us:**

**1) Worry and stress do not have to control us.**Take God at His Word, do what He advises us to in **vss. 6-7**.

**2) Recalibrate, if necessary, our thinking.** What we allow to control our minds can lead to worry and stress. Think of practical ways to apply vs. 8 in addition to what we have noted. Write them down if necessary.