

**Brian E. Smith**  
**July 17, 2022**  
**Be Happy - Part 7**  
**Choose to Defeat Stress**  
**Philippians 4:6-13**

**Vs. 7 (TLB)** If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

1. **Choose to \_\_\_\_\_ to \_\_\_\_\_ about anything.**  
**Philippians 4:6 (NLT)** Never worry about anything.

**Jesus said...**

- **Worry is \_\_\_\_\_.**  
**Matthew 6:25 (NIV)** ...do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
- **Worry is \_\_\_\_\_.**  
**Matthew 6:26 (NIV)** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?  
**Matthew 6:28-29 (TLB)** And why worry about your clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they.
- **Worry is \_\_\_\_\_.**  
**Matthew 6:27 (NIV)** Can any one of you by worrying add a single hour to your life?
- **Worry is \_\_\_\_\_.**  
**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. Why do you have so little faith?  
**1 Peter 5:7 (ISV)** Throw all your worries on him, because he cares for you.

2. **Choose to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ about everything!**  
**Philippians 4:6 (NLT)** Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.  
**James 4:2 (NIV)** You do not have because you do not ask God.

3. **Choose to \_\_\_\_\_ in all things.**  
**Philippians 4:6 (NLT)** Pray about everything. Tell God what you need, and thank him for all he has done.  
**1 Thessalonians 5:18 (BSB)** Give thanks in every circumstance, for this is God's will for you in Christ Jesus.

4. **Choose to \_\_\_\_\_ about \_\_\_\_\_ things.**  
**Philippians 4:8 (GNT)** Fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable.  
**Isaiah 26:3 (NLT)** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.

5. **Choose to \_\_\_\_\_.**  
**Philippians 4:11-12 (GNT)** I have learned to be satisfied with what I have. I know what it is to be in need and what it is to have more than enough. I have learned this secret, so that anywhere at anytime I am content, whether I am full or hungry, whether I have too much or too little.