

7 Stress Busters

5. A COGNITIVE _____ (vs. 8)

Romans 12:1-2 ¹I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Proverbs 23:7 "For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee."

6. A COMMANDED _____ (vs. 9a)

James 4:17 "Therefore to him that knoweth to do good, and doeth it not, to him it is sin."

John 13:17 "If ye know these things, happy are ye if ye do them."

James 1:22 "But be ye doers of the word, and not hearers only, deceiving your own selves."

7. A CERTAIN _____ (vs. 9b)

Mark 4:35 "And the same day, when the even was come, he saith unto them, Let us pass over unto the other side."

"SEVEN STRESS BUSTERS"

Philippians 4:4-9 ⁴Rejoice in the Lord always: and again I say, Rejoice.⁵ Let your moderation be known unto all men. The Lord is at hand.⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.⁸ Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.⁹ Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."

1. A CHEERFUL _____ (vs. 4)

Galatians 5:23 "Meekness, temperance: against such there is no law."

A. There is Joy in _____

Isaiah 61:10 "I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels."

Isaiah 35:10 "And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away."

B. There is Joy in _____

Acts 8:5-7 ⁵Then Philip went down to the city of Samaria, and preached Christ unto them.⁶ And the people with one accord gave heed unto those things which Philip spake, hearing and seeing the miracles which he did.⁷ For unclean spirits, crying with loud voice, came out of many that were possessed with them: and many taken with palsies, and that were lame, were healed."

Isaiah 1:19-20 ¹⁹“If ye be willing and obedient, ye shall eat the good of the land: ²⁰But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the LORD hath spoken it.”

C. There is Joy in _____

Jeremiah 15:16 “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.”

Proverbs 3:13-18 ¹³“Happy is the man that findeth wisdom, and the man that getteth understanding. ¹⁴For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. ¹⁵She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. ¹⁶Length of days is in her right hand; and in her left hand riches and honour. ¹⁷Her ways are ways of pleasantness, and all her paths are peace. ¹⁸She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her.”

D. There is Joy in _____

2 Corinthians 8:1-2 ¹“Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; ²How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality.”

E. There is Joy in _____

Psalms 126:5-6 ⁵“They that sow in tears shall reap in joy. ⁶He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.”

2. A CONSTANT _____ (vs. 5)

Matthew 11:28-30 ²⁸“Come unto me, all ye that labour and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰For my yoke is easy, and my burden is light.”

Genesis 5:24 “And Enoch walked with God: and he was not; for God took him.”

3. A CONDEMNED _____ (vs. 6a)

1 Peter 5:7 “Casting all your care upon him; for he careth for you.”

Galatians 2:20 “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”

Proverbs 3:5-6 ⁵“Trust in the LORD with all thine heart; and lean not unto thine own understanding. ⁶In all thy ways acknowledge him, and he shall direct thy paths.”

Isaiah 26:3-4 ³“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. ⁴Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:”

Luke 12:6-7 ⁶“Are not five sparrows sold for two farthings, and not one of them is forgotten before God? ⁷But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.”

4. A CONDITIONED _____ (vs. 6b)

1 Chronicles 16:11 “Seek the LORD and his strength, seek his face continually.”

Matthew 7:7 “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:”

John 16:24 “Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.”

James 5:13 “Is any among you afflicted? let him pray. Is any merry? let him sing psalms.”

1 Thessalonians 5:18 “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

Psalms 100:4 “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”