

**Happy Living  
Part 8**

*If you do these things you will experience God's peace which is far more wonderful than the human mind can understand. **Philippians 4:7***

**FIVE PARTS TO FIND PEACE  
IN THE MIDDLE OF STRESS**

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*Never worry about anything. **Philippians 4:6***

-- worry is \_\_\_\_\_

*Don't worry about your life, what you'll eat or drink; or about your body, what you wear. Is not life more important than food? Is not the body more important than clothes? **Matthew 6:25***

-- worry is \_\_\_\_\_

*Look at the birds of the air. They don't sow or reap or store away in barns. Yet your heavenly Father feeds them. Are you not much more valuable than they? **Matthew 6:26***

*Why do you worry about clothes? Look at the lilies of the field. They don't worry about theirs. Yet King Solomon in all his glory was never clothed as beautifully as they are. **Matthew 6:28-29***

*A heart at peace gives life to the body. **Proverbs 14:30***

-- worry is \_\_\_\_\_

*Unload all your worries on God since he is looking after you. **1 Peter 5:7***

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*Never worry about anything. Instead in every situation let God know what you need in your prayers and in your requests. **Philippians 4:6***

If I prayed as much as I worry I'd have a whole lot less to worry about.

*You do not have because you do not ask. **James 4:2***

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*When you ask God for what you need, also thank him for all he's done. Always ask with a thankful heart. **Philippians 4:6***

*In everything give thanks, for this is the will of God in Christ Jesus for you. **1 Thessalonians 5:18***

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*Fill your mind with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent, if anything is worthy of honor, think about those things. **Philippians 4:8***

- Is it true
- Is it good
- Is it right
- Is it pure
- Is it beautiful
- Is it respected
- Is it excellent
- Is it worthy of honor

*You Lord will keep in perfect peace all who trust in you, whose thoughts are fixed on you. **Isaiah 26:3***

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Contentment: Enjoying what I have right now rather than waiting for something else to happen in order for me to be happy.

*I've learned to be content whatever the circumstances. I know how to live on almost nothing. Or I know how to live with everything. I've learned the secret of contentment in every situation, whether I'm well-fed or hungry, or whether I have more than I need or I don't have enough. **Philippians 4:11-12***

-- stop \_\_\_\_\_

-- stop thinking having \_\_\_\_\_

*I have the strength to face anything and everything by the power that Christ gives me. I can do all things through Christ who strengthens me. **Philippians 4:13***