** You Asked for It! – Pt. 7**

**How to Handle Stress & Anxiety**

**New Horizon Church 09-27-2020 Pastor John Raymond**

**1. Don’t** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**; be** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Philippians 4:4 (NLT),** “**Rejoice in the Lord always**. I will say it again: Rejoice!”

**Philippians 4:6a (NLT),** “**Don’t worry** about anything;”

**1 Peter 5:7 (NLT),** “Give all your **worries and cares to God**, for He cares about you.”

**John 14:27 (NLT),**“I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift **the world cannot give**. So, don’t be troubled or afraid.”

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**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**leads to** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

**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.”

**Philippians 4:7 (NLT),** “**Then you will experience God’s peace**, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

**1 Thessalonians 5:16-17(NLT),** “Always be joyful. **Never stop praying**.”

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**3. Direct your** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **on good things.**

**Philippians 4:8 (NLT),** “**Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. **Think about things** that are excellent and worthy of praise.”

**Proverbs 23:7 (NKJV),** “For as a man **thinks in his heart**, so is he.”

# Job 3:25 (NASB), “For what I fear comes upon me, and what I dread befalls me.”

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**4. Adjust your** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **for blessings.**

**Philippians 4:7 (NLT),** “... God’s peace will guard your hearts and minds **as you live** in Christ Jesus.”

**John 13:17 (NLT),** “Now that you **know** these things, God will bless you **for doing them**.”

**Philippians 4:9 (NLT), “**Keep **putting into practice** all you learned and received from me – everything you heard from me and saw me doing. **Then** the God of **peace** will be with you.”

**Revelation 1:3 (GN),** “**Happy** is the one who reads this book and **obeys** what is written in it!”

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**5. Be** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **in your circumstances.**

**Philippians 4:11 (NIV),** “I am not saying this because I am in need, for I have learned to **be content whatever the circumstances**.”

**Philippians 4:12 (NIV),** “I know what it is to be in need, and I know what it is to have plenty. I have learned the **secret of being content in any and every situation**, whether well fed or hungry, whether living in plenty or in want.”

**Philippians 4:13 (NLT),** “For **I can do everything through Christ,** who gives me strength.”

**Philippians 4:19 (NIV),** “And my **God will meet all your needs** according to his glorious riches in Christ Jesus.”

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