

MEMORY VERSE:

*"As a man thinks in his heart,
so is he."*

Proverbs 23:7 (KJV)

GOD'S PROMISE:

*"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 heart quiet and at rest as you trust in Christ Jesus." **Philippians 4:7 (LB)***

**THE ROOT CAUSE OF STRESS:
THE WAY I CHOOSE TO _____**

MY NEXT STEP TODAY IS:

- I will memorize **Proverbs 23:7 (KJV)**
- I will accept Christ for the first time or recommit my life to Christ
- I will join the New Life church family
- I will focus on God's Promise

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

Gratitude: Unleashing the Power

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"Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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. And now, dear brothers and sisters, one final thing. 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."

Philippians 4:4-8 (NLT)

*"May you always be joyful in your life in the Lord." **Philippians 4:4 (GN)***

1. STEP ONE: _____ ABOUT NOTHING!
"Don't worry about anything."
Philippians 4:6a (NLT)

THE FACTS ABOUT WORRY:

- _____% never happen
- _____% concern the past
- _____% needless health concerns
- _____% insignificant / petty issues
- _____% are legitimate concerns

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." **Matthew 6:34 (NLT)**

✓ **TAKE AWAY: LIVE ONE _____ AT A TIME**

2. STEP TWO: _____ ABOUT EVERYTHING.
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." **Philippians 4:6 (NIV)**

"PETITION": A _____,
DIRECT PRAYER

"...You do not have, because you do not ask God"
James 4:2 (NIV)

✓ **TAKE AWAY: NO PROBLEM IS TOO _____**
OR TOO _____ TO PRAY ABOUT

3. STEP THREE: _____
IN ALL THINGS.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." **Philippians 4:6 (NIV)**

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
1 Thessalonians 5:18 (NIV)

✓ **TAKE AWAY: THERE'S ALWAYS**
_____ TO BE THANKFUL
FOR

4. STEP FOUR: _____
THE RIGHT THINGS.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
Philippians 4:8 (NIV)