

Philippians - The Habits of Happiness - Part 7
How To Keep From Stressing Out – **Philippians 4:6-13**

I. Five Things We Must Do To Guarantee The Promise

1. Refuse to _____ About Anything – Vs. 6

Four reasons not worry about anything:

Worry is _____ – **Matthew 6:25**

Worry is _____ – **Matthew 6:26**

Worry is _____ – **Matthew 6:27**

Worry is _____ – **Matthew 6:30**

2. Talk to God About _____ - Vs. 6
James 4:2; Romans 8:32

3. _____ God In All Things – Vs. 6
1 Thessalonians 5:18

4. Think About _____ Things – Vs. 8
Isaiah 26:3; 2 Corinthians 10:3-6

5. Be _____ with anything – Vs. 11-12

Three ways to Learn Contentment:

Stop comparing – **Proverbs 14:30: A sound heart is life to the body, but envy is rotteness to the bones.**

Stop thinking that having more is better – **Ecclesiastes 4:6: Better a handful with quietness than both hands full, together with toil and grasping for the wind.**

Admire without having to acquire.

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VCC October/November Events

Current Focus Groups: 9am – 9:45am

Connect – 6 Weeks

Your Time Starved Marriage – 6 weeks

Community Groups: Fall Session

BULLSEYE – Hitting The Target Of Spiritual Maturity

Please Pick up Your Participants Handbook

Harvest Celebration – October 31 from 6pm – 8pm

Sign-up to help at the information table

You can also help by dropping off candy in the bin located in the foyer

Daylight Saving Time – November 1 – Fall Back

Get Acquainted Sunday – November 15th

You are invited to stay for lunch and fellowship after service. Let's get to know those we worship with. Everyone is invited. Please sign up

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