

An Attitude of Gratitude
A Four-Step Stress Management Strategy
Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4

Step One: Worry About Nothing

Do not be anxious about anything . . . v. 6a
Do not fret or have any anxiety . . . (amplified)

Worry: Assuming responsibility that God never intended for me to have.

Research on Worry: ____ % never happen
____ % concern the past _ % needless about health
____ % insignificant/petty issues _ % legitimate concerns

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

Insight: In order to relieve stress live one day at a time.

Step Two: Pray About Everything

. . . but in everything, by prayer and petition, with thanksgiving, present your requests to God. V. 6b

Petition: Specific and detailed request.

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Insight: There is no problem that is too big for God's power or too small for God's concern.

Step Three: Thank God for All Things

. . . but in everything, by prayer and petition, with thanksgiving, present your requests to God. V. 6b

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

Insight: There is always something to be grateful for.

Step Four: Think About the Right Things

Finally, brothers, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

As a man thinks in his heart, so he is. Proverbs 23:7

Insight: Whatever I think about is what I am becoming

THE RESULTS: Experience the peace of God

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. V. 7

And the peace of God will be with you. V. 9b

What does *The Waters* believe and what does it value?

Find out at www.waterschurch.com



Youth Group Now Meeting

Every Sunday evening from 6:30 to 8 pm. Ben and Diane Moyer are hosting it at their house. No Need to RSVP — Just show up! 221 Grooms Road in Cibolo. email kelly@waterschurch.com for info

No matter what you're interested in, we've got a place for you to help out. You'll be setting up and tearing down or helping with computer stuff, or hanging out with the kiddos! Your commitment is for every other month so you don't get worn out. Indicate your area of interest on the comment card (don't forget your name and number!).



It's beginning to look a lot like Christmas...

we'll have a little something special that the kids will be sharing with us, so be sure to make plans to be here!! And be sure your tykes are here each week between now & then to prepare!

Contact Pastor Kelly: kelly@waterschurch.com or 210 913 4602

Our mailing address is The Waters Church, PO Box 1035, Cibolo, TX 78108

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost." Isaiah 55:1