

## FINDING RELIEF IN STRESSFUL TIMES

March 20, 2022 Philippians 4:4-7 by Allan Jimenez

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**BIG IDEA: Relief comes to all of us by keeping God at the epicenter of our stressful times (storms).**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. **The Lord is near.** <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:4-7 NIV**

### 1 - Because He is Near, we can choose to REJOICE!

Be cheerful with joyous celebration in every season of life. Let your joy overflow! **Philippians 4:4 TPT**

Be joyful in hope, patient in affliction, faithful in prayer. **Romans 12:12 NIV**

<sup>16</sup> Always be joyful. <sup>17</sup> Never stop praying. <sup>18</sup> Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. **1 Thessalonians 5:16-18 NLT**

### 2 - Because He is Near, we can choose to be GENTLE!

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. **Colossians 3:12-13 NIV**

### 3 - Because He is Near, we can choose to turn our worries into PRAYERS!

This is the confidence we have in approaching God: that if we ask anything according to his will, **he hears us.**  
**1 John 5:14 NIV**

The righteous cry out, and the **LORD hears them;** he delivers them from all their troubles. **Psalm 34:17 NIV**

**The Lord is near** to all who call on him, to all who call on him in truth. **Psalm 145:18 NIV**

### 4- Because He is Near, we can abide in his PEACE!

(Joy + Gentleness + Prayer + Petition) x Thanksgiving  
= **The Peace of God**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. **John 14:27 NIV**

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.  
**Colossians 3:15 NLT**

**Remember:**  
**God's nearness causes us to rejoice, his nearness affects our gentleness; his nearness dispels anxiety, and nearness brings peace.**

**-Turn to Jesus in your storms!**