

A LIFE WORTH LIVING

New RESOURCES

Philippians 4:1-9



Bethel
christian reformed church

I. WISDOM FOR GETTING RID OF STRESS (v 4-7)

1. By _____ (v 6)

2. By finding things _____ (v 6)

II. WISDOM FOR STAYING RID OF STRESS (v 8-9)

1. By _____ (v 8)

2. By adopting _____ (v 9)