

Philippians 4:6
“How To Handle Pressure”

INTRO:

THIS MORNING...

- I want to share some simple truths from God’s word.
 - On **“How to Handle Pressure”**

IN THE LAST DAYS...

- God has promised to speak to His church.
 - (Acts 2:17-18) NLT
 - A **word** before the struggle
 - A **vision** about the struggle
 - A **dream** about what’s coming

#1 – WHEN PRESSURE COMES:

(Phil. 4:6) NLT

- a) *Don’t worry* = Transfer the stress
 - (1 Peter 5:7) NLT
- b) *Prayer* = A believers approach to our Heavenly Father
- c) *Supplication* = A passionate prayer driven by need
- d) *Thanksgiving* = A thankful attitude of heart (not a complaint)
- e) *Request / petition* = Asking with a sense of humble urgency
 - (1 John 5:15) NLT

#2 – RESIST THE URGE TO COMPLAIN:

(1 Cor. 10:1-11) NLT

TRUTH LESSONS:

- Christ is for us
- God provides for all of our needs
- Don’t drink from the worlds resources

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- Don't doubt God
- Don't grumble
- The pages of the past are for strengthening faith today

#3 – REMAIN COMMITTED:

(Isa. 7:9b) NLT

- Faith is necessary for victory
 - King Ahaz (of Judah) feared being defeated (v.1)
 - A word from God was given by Isaiah (v.3)
 - Ahaz was told to stop worrying (v.4)
 - The threat will not happen (vv.6-7)
 - But his faith must be firm (v.9b)

PASSIVE FAITH SAYS =

- God could do something if He really wanted to

ACTIVE FAITH SAYS =

- God will do something because He keeps His promises
 - (Heb. 11:11) NLT

FINALLY...

#4 – GAIN PERSPECTIVE:

(Ps. 46:10) NKJV

- We're to recall His promises...
 - Which strengthens our *inner confidence* in God
- The Hebrew word is *yada*.
 - To know by observation & reflection.
 - To call to mind what He's said & done.

THINK OF *yada* THIS WAY...

- It's a relational knowledge that moves us beyond facts...
 - Into a personal knowledge of God's character.
 - So... we have a confident faith in Him.

(Heb. 11:1) NKJV

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IN CLOSING:

BECAUSE...

- Of what God has done for you...
 - He has called you to live for Him.
 - (2 Cor. 5:15) NLT

A FAITHFUL LIFE...

- Lived out thru an active faith... brings glory to God.