

# 4x4 4 LESSONS FROM PHILIPPIANS 4

## FAMILY DEVOTION: Crush STRESS God's Way



**THE BUZZ:** "I Will Rejoice In All Things!"



**THE POWER VERSE:** "For I can do everything through Christ, who gives me strength." - Philippians 4:13



**THE TAKEAWAY:** When You're Stressed Out - Choose To Rejoice!

**SAY:** Stress is no fun! You might feel pressure from school, friendships, busy schedules, or worries about what's coming next. When stress shows up, it can make us feel overwhelmed, frustrated, or even shut down.

Sometimes we try to fix everything on our own, but that only makes it harder! The Bible teaches us a better way.

**READ:** Philippians 4:6-8

### DISCUSS:

- What are some things that make you feel stressed or worried?
- When you feel stressed, what do you usually do?
- What does this passage tell us to do instead of worrying?
- What do you think it means that God's peace will "guard your heart and mind"?
- What are some "good things" we can choose to think about?

**SAY:** When we bring our worries to God, He gives us His peace! God's peace is stronger than stress and bigger than any problem we face. When we focus on things that are good and true, God helps push out stress and fills our hearts with peace. When you're stressed, talk to God, thank Him, and choose to rejoice!

**PRAY:** Pray for your children to always take their stress and worries to God. Pray with your family about any current stress you're facing.