

Stress is our bodies response to a perceived threat

God's desire is to remove the stress within your mind,
and give you peace of mind!

Philippians 4:7 TLB

If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand.
His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

5 Strategies That Reduce Stress & Give Peace

Philippians 4:6 NLT

Don't worry about anything; instead, pray about everything.
Tell God what you need, and thank him for all he has done.

Refuse to worry about anything

Matthew 6:27 NLT

Can all your worries add a single moment to your life?

Talk to God about everything

James 4:2b NLT

...Yet you don't have what you want because you don't ask God for it.

Romans 8:32 NLT

Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?

Thank God in all things

1 Thessalonians 5:18 NLT

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Think about good things

Philippians 4:8 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Isaiah 26:3 NLT

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Be content with anything

Philippians 4:12-13 NIV

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Matthew 11:28-30 NLT

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

When I'm 'yoked' with Christ, we move together in the
same direction at the same speed!