



POURED OUT

Reducing and Resolving Stress
Philippians 4:5-9

PATHWAY TO PEACE

1. Show others grace (v5)

Proverbs 15:1

*A gentle answer turns away wrath,
But a harsh word stirs up anger.*

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PATHWAY TO PEACE

1. Show others grace (v5)
2. Pray with gratitude (v6-7)
3. Dwell on good things (v8)

True

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Genesis 1:27-28

God created man in His own image, in the image of God He created him; male and female He created them. God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule..."

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PATHWAY TO PEACE

1. Show others grace (v5)
2. Pray with gratitude (v6-7)
3. Dwell on good things (v8)

True

Honorable, righteous, pure

Lovely, good, excellent, praise-worthy

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1. Show others grace (v5)
2. Pray with gratitude (v6-7)
3. Dwell on good things (v8)
4. Obey God (v9)

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Hebrews 12:11

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

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