

# Stress Less | Joy Full, Pt. 7

June 21, 2025 / Miami Vineyard Church

Pastor Kevin Fischer ~ June 21st & June 22nd, 2025

Always be full of joy in the Lord. I say it again—rejoice! Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.** [Philippians 4:4,6-7 \(NLT\)](#)

And the peace of God [that peace which reassures the heart, that peace] **which transcends all understanding**, [that peace which] **stands guard over your hearts and your minds** in Christ Jesus [is yours]. [Philippians 4:7 \(AMP\)](#)

## 3 CHOICES FOR LESS STRESS

1. Refuse to worry about  .

Don't worry about anything. [Philippians 4:6 \(NLT\)](#)

### • Worry is unreasonable.

That is why I tell you not to worry about everyday life. Look at the birds. They don't plant or harvest or store food in barns, for your heavenly father feeds them. And **aren't you far more valuable to him than they are?**

[Matthew 6:25, 26 \(NLT\)](#)

### • Worry is unhelpful.

Can all your worries **add a single moment to your life?** [Matthew 6:27 \(NLT\)](#)

### • Worry is unnecessary.

And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, **he will certainly care for you.** Why do you have so little faith? [Matthew 6:30 \(NLT\)](#)

2. Invite God into  .

**Instead**, pray about everything. [Philippians 4:6 \(NLT\)](#)

3. Thank God in  .

Tell God what you need, and **thank him for all he has done** . [Philippians 4:6 \(NLT\)](#)

For your own notes:

**Daily Bible Readings**

**Monday**—[Mark 9:30-50](#) // **Tuesday**—[Mark 10:1-31](#)

**Wednesday**—[Mark 10:32-52](#) // **Thursday**—[Mark 11:1-19](#)

**Friday**—[Mark 11:20-33](#) // **Saturday**—[Mark 12:1-27](#)

**Sunday**—[Mark 12:28-44](#)

[www.youversion.com](http://www.youversion.com)

Join us online or in-person next weekend for:

**JOY FULL, Part 8**

**Weekend Service Times:**

Saturday **6:15 p.m.**

Sunday **10:30 a.m. & 12:15 p.m.**