

SERMON NOTES

I'LL BE
home
FOR CHRISTMAS

December 17, 2017

7 Principles on How to Overcome Worry and Stress:

1. Come home!
2. Surrender worries and anxieties!
3. Learn who God is!
4. Walk in God's ways – what He said!
5. Trust God!
6. Know God can do it for you – a blessed quietness!
7. Transformation!

- What are you worrying about?
- The solution for stress is to come home for Christmas.
- Home is God in you. An on-going, on-fire relationship with God!
- Jesus is the answer to all your problems.
- Control your emotions – do not be led by your emotions.
- Successful people are intentional and apply principles immediately.

John 14: 25 - 27 (AMPC)

²⁵ I have told you these things while I am still with you.

²⁶ But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.

²⁷ Peace I leave with you; My [own] peace I now give *and* bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

- Courage, strength and stamina come when you know that God lives and dwells on the inside of you.
- God will come into your life and make His home.
- God on the inside of you brings peace into your life.
- The peace of God is the answer for stress and worry.
- God gives His own peace. With peace comes power.

- God does not want you to live with a troubled mind, heart, and emotions.
- The peace of God will settle you. It is unshakeable!
- Look to God who has His home inside of you.
- Let the peace of God be the umpire for your faith.
- The Holy Spirit will give you a peace for every decision and direction for your life.

Philippians 4:6 - 7 (AMPC)

⁶ Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

⁷ And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus.

- When you love God and obey His word, He will come on the inside of you and make His home.
- God's will is not to fear, worry or be anxious about anything in your life.
- You are out of God's will when you allow worry and anxiety to stay in all areas of your life.
- When you know God's will, you can believe or God's will for your life.

Matthew 11: 28 (KJV)

²⁸ Come unto me, all ye that labor and are heavy laden, and I will give you rest.

- Come home to a relationship with God.
- Knowing who God is and having a revelation of God, allows you to worry less and trust God more.
- When you know what God says and know His ways, you will find His best.
- God will do nothing in your life until you trust Him!

Discussion Questions:

1. How do you overcome worry and stress?
2. The peace of God is the answer to overcoming what two things?
3. What does "come home" to a relationship with God mean to you?