

**Stress-Free Living**  
***Destressing Your Relationships***  
Philippians 1:3-11

**I. Do I look for the good in others - 1:3,5**

- A. It is a choice to see the good in other
- B. Focus > thoughts > conversation > degree of stress

**II. Do I pray for the well being of others - 1:4, 9-11**

- A. The degree to which you actively pray for others will minimize your stress over them
- B. Pray for their:
  - 1. Growth in love - v.9
  - 2. Making right choices - v.10
  - 3. Filled with righteousness - v.11

**III. Do I remember God is still at work in their lives, just as He is in mine - 1:6**

- A. We are under the process of Divine construction
- B. Matthew 7:4

**IV. Do I actively keep others in my heart - 1:7,8**

- A. Seek to keep a sensitivity to their needs, struggles and weaknesses
- B. I Peter 1:22
- C. Genuinely listening to their heart may be our best way to keep them in our heart

**V. Change Point:** *Whatever they have done to stress me is not even close to what I do to God. What can I do from Paul's message to better love this person?*