

Stress Free Living

Knowing the Keys for A Stress-Free Life

Philippians 1:1,2

- I. Introduction to Philippians
- II. You must know who you are - 1:1a
 - A. Timothy
 - B. Paul
 - C. Servants of Jesus Christ
- III. You must know why you are here - 1:1b,c
 - A. Missionary journey
 - B. Saints
 - C. Bishops & Deacons
- IV. You must know your source of power
 - A. Three kinds of grace in the NT
 - 1. Saving grace - Eph 2:8
 - 2. Equipping grace - Rom 12:6a
 - 3. Empowering grace - Phil 1:2
- V. Change Point: Am I relying on the grace that sustained Paul in prison to free me from stress? If not, why not?