

## **Stress-Free Living**

*Enjoying Life in Adversity*

Philippians 1:12-19

### **I. Keep my problems in perspective - 1:12-14**

- A. God's sovereignty + problems = spread gospel
- B. How I handle problems directly impacts the gospel message

### **II. Keep my critics in context - 1:15-18**

- A. Don't give them ammunition to discredit you
- B. The sin of envy can destroy us and our message

### **III. Keep prayer & the Holy Spirit in my plan - 1:19**

- A. Two guaranteed solutions:

#### 1. Prayer

- a) James 5:16b
- b) Philippians 4:6,7

#### 2. Holy Spirit

- a) John 14:25-27
- b) Galatians 5:22,23

### **IV. Change Point: *Do I consistently pray about and wait on the***

*Holy Spirit to bring peace in my adversity?*