

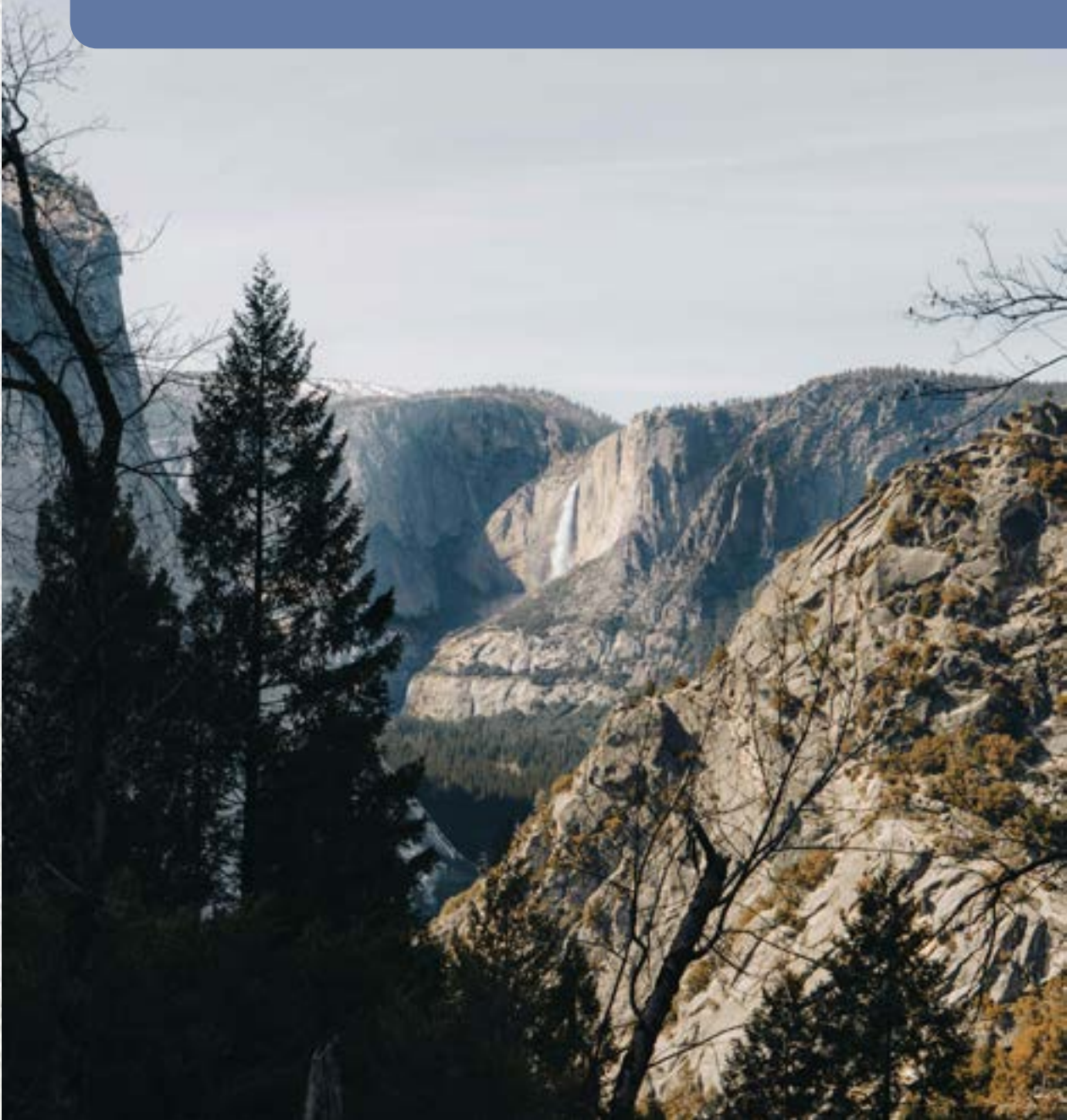
5 SIMPLE  
WAYS TO  
*The Heart of Faith*  
CHOOSE  
HAPPINESS  
OVER  
STRESS

Nothing eliminates your happiness like stress! But did you know that stress is a choice? We get stressed when we choose to focus on our own limited resources instead of the unlimited resources available through our heavenly Father.

Would you like to have a quiet, happy heart? In the New Living Translation, Philippians 4 gives five simple ways to stop stressing out—and start trusting Jesus.

# REFUSE TO WORRY ABOUT ANYTHING.

*Don't worry about anything.*  
Philippians 4:6



# TALK TO GOD ABOUT EVERYTHING.

*Instead, pray about everything.*

*Tell God what you need . . .*

Philippians 4:6



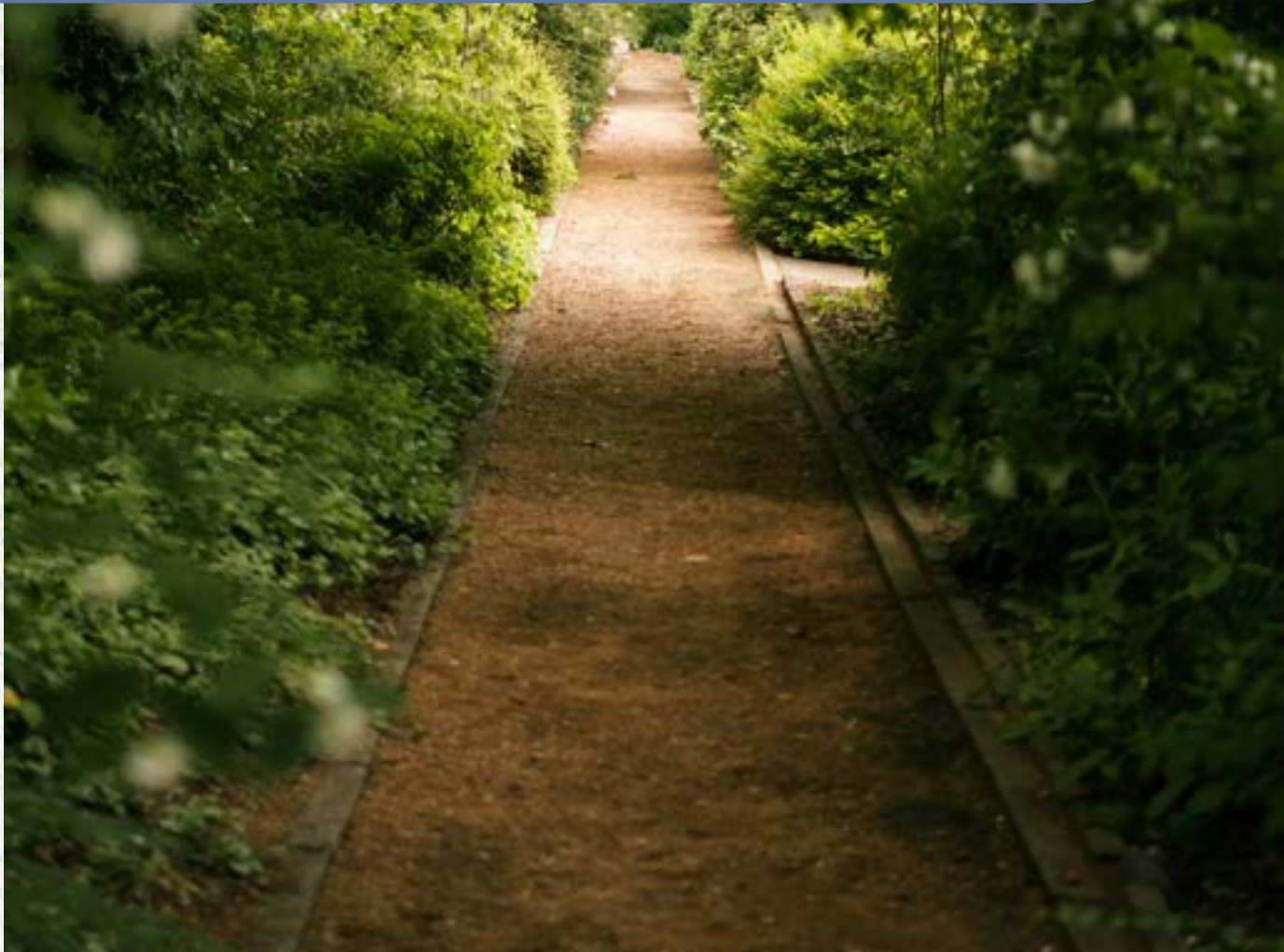
# THANK GOD IN ALL THINGS.

*... and thank him for all he has done.*  
Philippians 4:6



# THINK ABOUT GOOD THINGS.

*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8*



# BE CONTENT WITH ANYTHING.

*I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*  
Philippians 4:11-12

