



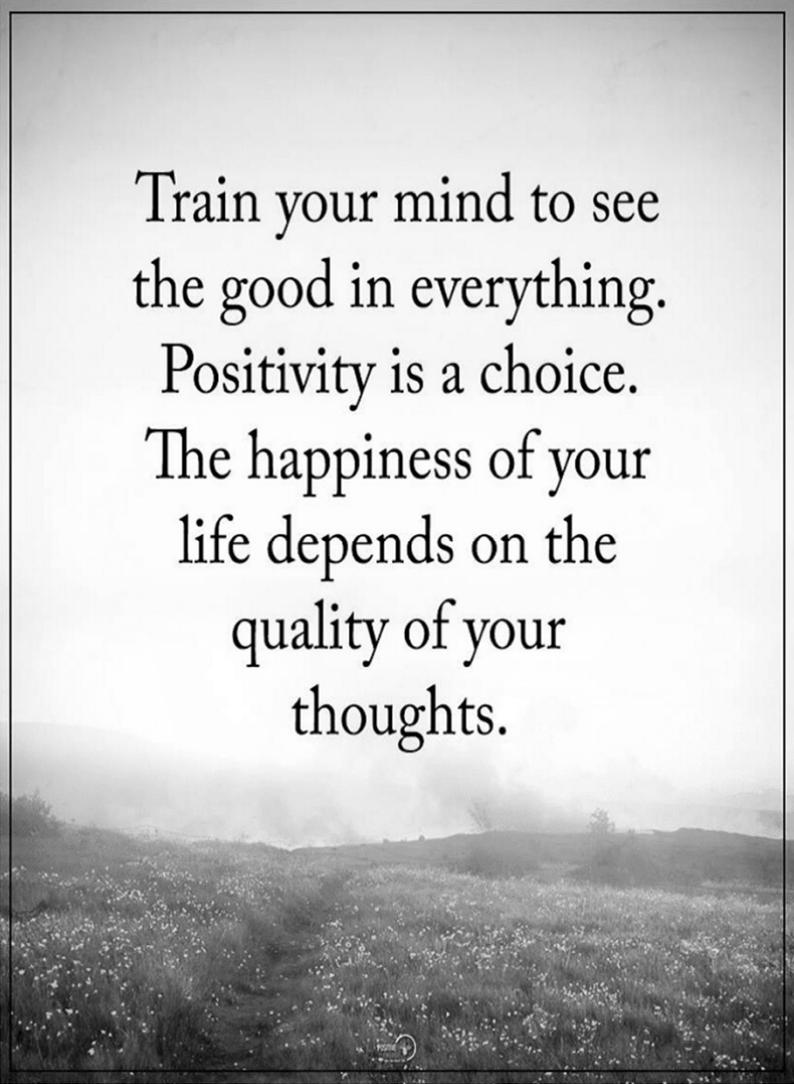
# “The Peace of God”

*Phil. 4:7: "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*

**AMEN**



- LET US FIND COMFORT AND PEACE THROUGH OUR FAITH IN OUR HEAVENLY FATHER.
- IT IS ONLY IN HIM (AND HIS PLAN FOR US) AND THROUGH OUR LORD AND SAVIOR THAT WE CAN ATTAIN SUCH PEACE IN THE WORLD TODAY.
- THIS PEACE THAT WE HAVE TODAY WILL STRENGTHEN AND ENCOURAGE OUR DAILY ACTIONS AND EFFORTS.
- THIS PEACE WILL CONTINUE FOR ETERNITY.



Train your mind to see  
the good in everything.  
Positivity is a choice.  
The happiness of your  
life depends on the  
quality of your  
thoughts.



# Growing in God / Growing in Peace

**1. Set limits** (*Matthew 6:33 – 34*) *But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you. Be not therefore anxious for the morrow: for the morrow will be anxious for itself. Sufficient unto the day is the evil thereof.*

- ✓ If your life is overfilled you may need to set some limits.
- ✓ So stop doing some of the least important things.
- ✓ Take care of the “big stuff” (Bro. Homer Example)

**2. Find a relaxation technique that works for you** (*2 Corinthians 4:16*) *Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day*

- ✓ What works for you?
- ✓ Long walks, music, yoga, meditation or going for a swim?
- ✓ Find out and do that.

**3. Don't make mountains out of molehills** (*Phil. 4:6-7*) *In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.*

- ✓ This can create a lot of unnecessary stress.
- ✓ When facing what looks like a mountain ask yourself questions like: Does someone on the planet have it worse than me right now? Will this matter in 5 years?
- ✓ These questions help you to zoom out and realize that things may not be that bad and that you can handle them.



## Growing in God / Growing in Peace

**4. Slow down** (*John 11:5-7*) *Now Jesus loved Martha, and her sister, and Lazarus. When therefore he heard that he was sick, he abode at that time two days in the place where he was. Then after this he saith to the disciples, Let us go into Judea again.*

- ✓ Your emotions work backwards too. If you slow down while walking, moving your body or talking you can often start to feel less stressed (compared to if you move/talk fast).
- ✓ Slowing down to decrease stress goes for many other things you do in everyday life too like riding your bicycle, working at your desk and eating.
- ✓ Take time to be Holy

**5. Unclutter your world, unclutter your mind** (*Ecclesiastes 4:6*) *Better is a handful, with quietness, than two handfuls with labor and striving after wind.*

- ✓ Just take 3 minutes to declutter your workspace or the room you're in. A uncluttered, simplified and ordered space around you brings clarity and order to the mind.
- ✓ So don't stop there. Declutter, simplify and organize your home and life too to live in a more relaxing environment.
- ✓ Linger and Meander (Look for God and His direction in your life)



## Growing in God / Growing in Peace

**6. Be 10 minutes early** (*Philippians 2:3*) *[doing] nothing through faction or through vainglory, but in lowliness of mind each counting other better than himself;*

- ✓ It's a small habit but it has transformed much of my travel time during the year from a slightly or very stressful time to periods of relaxation and recharging.
- ✓ Respectful and Reflective

**7. Accept and let go** (*Ecclesiastes 3:6*) *a time to seek, and a time to lose; a time to keep, and a time to cast away;*

- ✓ Now is now. But if something negative from the past – something someone said, something someone did – is still on your mind then accept and let that feeling and thought in instead of trying to push it away.
- ✓ When you accept that it is then it starts to lose power. And while the facts may still be there in your head the negative feelings become a lot less powerful.
- ✓ At this point, let that thing go like you are throwing out a bag of old clothes. And direct your focus to the present moment and something better instead.
- ✓ Let Go / Let God



## Growing in God / Growing in Peace

**8. Ask instead of guessing** (*John 8:31-32*) *Jesus therefore said to those Jews that had believed him, If ye abide in my word, [then] are ye truly my disciples; and ye shall know the truth, and the truth shall make you free.*

- ✓ Reading minds is pretty much impossible. But still we often try it and create anxiety, uncertainty and misguided conclusions for ourselves.
- ✓ So ask and communicate instead. It may sometimes be a bit hard at first but it can save you and the people around you so much trouble in the long run.
- ✓ We are “Bible Students”
- ✓ Be Curious

**9. Escape for a while** (*Psalms 46:10*) *Be still, and know that I am God: I will be exalted among the nations, I will be exalted in the earth.*

- ✓ Disconnect from the World



## Growing in God / Growing in Peace

**10. Solve a problem that is weighing down on you** (*James 1:5*) *But if any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him.*

- ✓ Don't procrastinate anymore. Solve your problem and release it and all the underlying stress and tension that it is creating in your life.
- ✓ You probably already know what to do, you are just not doing it yet. But the longer you wait the worse the tension inside becomes.
- ✓ So get up from your chair and get started on doing it for just 1-3 minutes right now.
- ✓ Take action within 5 minutes or chances are you will not do anything

**11. Remember the 5 little words that'll help you to stay sane: one thing at a time** (*Philippians 3:13-14*) *Brethren, I could not myself yet to have laid hold: but one thing [I do], forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus.*

- ✓ By keeping those words in mind and letting them guide you through your day and week you'll be less stressed and more focused (and that will not only bring more inner peace but also help you to do a better and quicker job at pretty much anything).



## Growing in God / Growing in Peace

### **12. Breathe** (*Psalms 150:6*) *Let everything that hath breath praise Jehovah. Praise ye Jehovah.*

- ✓ When stressed, lost in a problem or the past or future in your mind breathe with your belly for two minutes and just focus on the air going in and out. This will calm your body down and bring your mind back into the present moment again.
- ✓ Physiological benefits
- ✓ 6 Minutes and “4x4x4”

### **13. Remember: There's a day tomorrow too** (*Romans 8:28*) *And we know that to them that love God all things work together for good, [even] to them that are called according to [his] purpose.*

- ✓ Sometimes you have a bad day. Or life interferes with your plans for the day. And so you don't get what you had planned or hoped for done.
- ✓ The best way to handle such a situation is – in my experience – simply to kindly tell yourself that there's a day tomorrow too and that you can get it done then. Beating yourself up is on the other hand not a smart or helpful strategy.
- ✓ Pray about it, look for The Lord's Direction, and move forward



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