

Finding Peace In Life's Troubles

Philippians 4:4-9

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INTRODUCTION

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:7***

Define peace: inner tranquility, poise, calmness of mind and spirit

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. **John 16:33***

*But the fruit of the Spirit is love, joy, peace... **Galatians 5:22***

Main Idea: You can have peace in the midst of life's troubles.

I. Find Peace From The Right Source

*Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. **Philippians 4:4-5***

II. Find Peace By Praying About All Things

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7***

III. Find Peace By Protecting Your Thinking

1. Put the right thoughts in.
2. Keep the wrong thoughts out.
3. Know what to do with pop up thoughts.

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. **Philippians 4:8-9***