



Finding Peace in Your Thoughts

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"I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. **John 14:27 NLT**

1. The battle for peace begins in our minds

- What consumes your mind controls your life
- True peace is a gift from God

2. Finding true peace

- Not found in the absence of problems
- True peace is found in the presence of God
- The world can't give it or take it away

¹ In that day, everyone in the land of Judah will sing this song: Our city is strong! We are surrounded by the walls of God's salvation. ² Open the gates to all who are righteous; allow the faithful to enter. ³ You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **Isaiah 26:1-3 NLT**

3. Training ourselves to focus on the goodness of God

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. 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. ⁹ Keep putting into practice all you learned and received from me - everything you heard from me and saw me doing. Then the God of peace will be with you. **Philippians 4:6-9 NLT**

Next Steps:

- Spend 5 minutes every day this week thinking about good, positive things
- When worry and anxiety come to me, take time to pray and renew my trust in God for my life
- Commit to help my worrying friend, _____, by helping them fix their thoughts on God's love and faithfulness
- Attend the final message of this series (or watch on our Youtube channel)
- _____