

## God's Peace Plan

### Philippians 4:1-9\*

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Peace seems to be an elusive and rare commodity in life today. Anxiety and worry erase peace from our lives. What are you worried about? The words worry, anxiety mean *"to be pulled in different directions"*. We get our word "worry" from the old German root word *wurgen* which means "to strangle" or "to choke". It came to mean "mental strangulation." Wrong feelings (the heart) and wrong thinking (the mind) lead to wrong living. One of our greatest joy-robbers is anxiety; this is the major thief which leads us to lose our joy over circumstances, people, and possessions. Worry robs us of peace.

#### 1. How to experience peace in your church (1-3)

*(3 commands to follow)*

A.(1) \_\_\_\_\_ *firm* in the Lord.

B.(2) \_\_\_\_\_ *in harmony* with one another in the Lord.

C.(3) \_\_\_\_\_ *one-another* in the Lord.

#### 2. How to experience peace in your heart (4-7) *(our feelings)*

A.(4-5) \_\_\_\_\_ in the Lord.

B.(6-7) \_\_\_\_\_ *praying*.

#### 3. How to experience peace in your mind (8-9) *(our thinking)*

A.(8) Right \_\_\_\_\_.

B.(9) Right \_\_\_\_\_.

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\*These notes are prayerfully prepared to aid, not replace, your personal study of God's word.