

GETTING OUR PEACE BACK

Philippians 4:4-9 • November 7, 2021

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INTRODUCTION:

A. ***Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 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.***
– Philippians 4:6-7

B. What a great promise God makes to us here!

"The mountains may disappear; and the hills may come to an end, but my love will never disappear; my promise of peace will not come to an end,"
says the Lord who shows mercy to you.
– Isaiah 54:10

I. HOW TO GET OUR PEACE BACK

A. First and foremost, we need to make peace with God.

Now that we have been put right with God through faith, we have peace with God through our Lord Jesus Christ.
– Romans 5:1

God made peace through...Christ's death on the cross.
– Colossians 1:20

- God's gift ...***exceeds anything we can understand.*** – Philippians 4:7
"I am leaving you with a gift – peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid." – John 14:27

B. Second, get some rest.

It is senseless for you to work so hard from early morning until late at night... God wants His loved ones to get their proper rest.
– Psalm 127:2

- We need physical rest but we also need emotional rest.
 1. Give ourselves and others a break (James 4:6).
 2. Create a simpler routine when and where we can (Ephesians 5:5-16).
 3. Schedule daily connection with people we love (I Thessalonians 5:11).
 4. Stop watching so much news (Matthew 6:22-23).
 5. Share our feelings instead of stuffing them (Galatians 6:2).
 6. Acknowledge that we can't control the uncontrollable. We can only control some of life and then we need to trust God for the rest (James 2:22).

C. Tell God what we need.

Don't worry about anything, instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then....
– Philippians 4:6-7

Now may the Lord of peace Himself give you peace at all times and in every way.
– 2 Thessalonians 3:16

D. Focus our thoughts on Jesus.

You keep them in perfect peace whose mind is stayed on you, because they (are showing their) trust in you.
– Isaiah 26:3

"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

- Give our worries; don't keep our worries.
Give all your worries and cares to God, for He cares about you.
– I Peter 5:7

CONCLUSION: