



Living In Peace With Yourself

Peace That Surpasses Understanding



The Source of Anxiety and Depression

Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. ²³ “Life is more than food, and the body *is more* than clothing. ²⁴ “Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? ²⁵ “And which of you by worrying can add one cubit to his stature? ²⁶ “If you then are not able to do *the least*, why are you anxious for the rest? ²⁷ “Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. ²⁸ “If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more *will He clothe you, O you of little faith*? ²⁹ “And do not seek what you should eat or what you should drink, nor have an anxious mind. ³⁰ “For all these things the nations of the world seek after, and your Father knows that you need these things. ³¹ “But seek the kingdom of God, and all these things shall be added to you. ³² “*Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.* ³³ “Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. ³⁴ “For where your treasure is, there your heart will be also.



Don't Worry Be Happy

- **God Says - Rejoice Always!**

- **Philippians 4:4 – “Rejoice in the Lord always. Again I will say, rejoice!”**

- **But, How Do I Rejoice When I've Been Sitting In Jail Some Four Years Falsely Accused?**

- **God's Answer – Two Things ~ Philippians 4:5-9**

1. **Remember The Lord Is Near vs. 5** “Let your gentleness be known to all men. The Lord *is* at hand.”

- **Psalm 145:18 “The Lord *is* near to all who call upon Him, To all who call upon Him in truth.”**

2. **Get Rid of Your Anxiety vs. 6** Be anxious for nothing...

- **Is this easier said than done?**

- **How can I do this?**



Get Rid of Your Anxiety

- **Peace That Surpasses Understanding**
 - **Philippians 4:7** “and *the peace of God*, which surpasses all understanding, *will guard your hearts and minds* through Christ Jesus.”
 - **Though Not Necessarily Your Flesh**
 - **Acts 7:59-60** “And they stoned Stephen as he was calling on *God* and saying, “Lord Jesus, receive my spirit.”
⁶⁰ Then he knelt down and cried out with a loud voice, “Lord, do not charge them with this sin.” And when he had said this, he fell asleep.”



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■ Remedy For Anxiety – Prayer, Thought, & Action

- Prayer - vs. 6 “Be anxious for nothing, but *in everything* by prayer and supplication, *with thanksgiving*, *let your requests be made known to God*;
 - 1 Pet 5:6-7 “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.”
- Thought - vs. 8 “Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—*meditate on these things*.
 - Proverbs 23:7 “*For as he thinks in his heart, so is he.*”
- Action - vs. 9 “The things which you learned and received and heard and saw in me, *these do*, and the God of peace will be with you.”
 - James 1:22 “*But be doers of the word, and not hearers only*”



Jesus Is Our Peace

■ Consider Jesus in The Garden – Matthew 26:36-46

- Then Jesus came with them to a place called Gethsemane, and said to the disciples, “Sit here while I go and pray over there.”³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.³⁸ Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”³⁹ He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You *will*.”⁴⁰ Then He came to the disciples and found them asleep, and said to Peter, “What? Could you not watch with Me one hour?⁴¹ “Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.” ... (Again a second time and a third time)⁴⁵ Then He came to His disciples and said to them, “Are *you* still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.⁴⁶ “Rise, let us be going. See, My betrayer is at hand.”