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## CHRISTMAS IS PEACE

ISAIAH 9:6

1. What is peace?
  - A. Peace = completeness, soundness, welfare, health, prosperity.
  
2. What is soul peace?
  - A. Peace in your mind – anxious thoughts, degrading thoughts, angry thoughts.
  - B. Peace in your emotions – depression, fear, hopelessness, loneliness.
  - C. Peace in our will – guilt, shame, courage, faith.

Luke 2:14  
John 14:27
  
3. What does soul peace look like?
  - A. You and God are good?
  - B. You and self are good?
  - C. You and others are good?
  
4. Soul fatigue
  - A. Things seem to bother you more than they should.
  - B. It's hard to make up your mind, even about simple things.
  - C. Impulses are harder to resist.
  - D. Your judgement is impaired.
  - E. You have less courage.
  
5. How do you find peace?
  - A. It starts with Jesus Christ.
  - B. Get sufficient rest.
  - C. Help someone.
  - D. Fellowship with others.
  - E. Make spiritual disciplines a priority.