

# “Getting Peace of Mind”

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Sermon Notes November 13, 2022

**Philippians 4: 6- 9 NIV** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**1 Kings 19:11-13 NIV** 11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?”

Philippians 4:7 NIV And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Hebrews 4:16 NIV**, 16 Let us then approach God’s throne of grace with confidence, *Why?*-so that we may receive mercy and find grace to help us in our time of need.”

***“it's been found that 12 minutes of daily focused prayer over an eight week period can change the brain to such an extent that it can be measured on a brain scan.”*** - Dr. Caroline Leaf

**Worry is the sin of distrusting the promises and the power of God.**

**Romans 8:5-6 NLT** 5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

- 1. I'm going to do what I can do.**
- 2. I'm giving God what I can't do.**
- 3. I'm going to trust God no matter what**