

DECEMBER 19TH, 2021

WE BELIEVE

Advent

PASTOR STEVE STEELE

IN REAL PEACE

LUKE 2:6-7

(NLT)

“ And while they were there, the time came for her baby to be born. She gave birth to her firstborn son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no lodging available for them.”

Real Peace comes from _____ .

“ 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 (NLT)

Prayer moves the _____ ,

“ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”

~ HEBREWS 4:16 (NLT)

“ ...you don't have what you want because you don't ask God for it.”

~ JAMES 4:2B (NLT)

Prayer changes the _____ .

“ ...His peace will guard your hearts and minds as you live in Christ Jesus.

~ PHILIPPIANS 4:7B (NLT)

“

it has been found that 12 minutes of daily focused prayer over an 8 week period can change your brain to such an extent that it can be measured on a brain scan”

”

– Dr Caroline Leaf
SWITCH ON YOUR BRAIN

Worry is not trusting the _____ .

“ Be still, and know that I am God!”

~ PSALM 46:10A (NLT)

“ Mary responded,
“Oh, how my soul praises the Lord.
How my spirit rejoices in God my Savior!
For he took notice of his lowly servant girl,
and from now on all generations will call me blessed.”

CONTINUED >|

Real peace comes from _____ .

“ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me - everything you heard from me and saw me doing. Then the God of peace will be with you.”

~ PHILIPPIANS 4:8-9 (NLT)

“ For the Mighty One is holy,
and he has done great things for me.
He shows mercy from generation to generation
to all who fear him.
His mighty arm has done tremendous things!
He has scattered the proud and haughty ones.
He has brought down princes from their thrones
and exalted the humble.
He has filled the hungry with good things
and sent the rich away with empty hands.
He has helped his servant Israel
and remembered to be merciful.
For he made this promise to our ancestors,
to Abraham and his children forever.”

~ LUKE 1:46-55 (NLT)

“ 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. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”

~ ROMANS 8:5-6 (NLT)

SO WHAT?

“ I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”

~ JOHN 14:27 (NLT)

How to have Real Peace:

_____ *what* _____ .

_____ *what* _____ .

_____ *no matter what.*

“ Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and he will show you which path to take.”

~ PROVERBS 3:5-6 (NLT)

DISCUSSION Questions:

- 1 - Did you have any worries when you were younger that seem silly now? What were they?
- 2 - How often would you say you experience worry? What do you do when you're feeling worried?
- 3 - Re-read Philippians 4:6-7. When have you experienced God's peace? When has this peace seemed hard to find for you?
- 4 - How does prayer change the way you are thinking or feeling?
- 5 - Re-read Philippians 4:8-9. How can you reset your brain when worry or anxiety begins to take over?
- 6 - Share a time when you Chose to trust God instead of worrying. What prompted that decision? What impact did it have on you?
- 7 - What is something you are worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?



*Real*HOPE

Shining the Light of Hope on Youth Mental Health by partnering with our community to help Lodi youth mentally, physically, and spiritually.

For more information and to give please visit fbclodi.org/advent



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