

Not So Silent Night, Not So Calm, Not So Bright

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Luke 2:6,7 NKJV

So it was, that while they were there, the days were completed for her to be delivered. ⁷ And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn.

Luke 21:34 NIV

Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

We Get Weighed Down By Worry...

1. When circumstances are uncontrollable
2. When people are unbearable.
3. When problems are unexplainable.

Isaiah 9:6 NKJV

For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.

John 14:27 LB

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.

The Bible's Wisdom Keys For Peace of Mind

1. Accept God's Pardon.

Rom. 5:1 NKJV

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ

Psychologists will tell you that a main source of stress – guilt

Micah 7:18 NKJV

Who *is* a God like You, Pardoning iniquity And passing over the transgression of the remnant of His heritage? He does not retain His anger forever, Because He delights *in* mercy

Romans 4:7,8 NKJV

⁷ *"Blessed are those whose lawless deeds are forgiven, And whose sins are covered;* ⁸ *Blessed is the man to whom the LORD shall not impute sin."*

2. Recognize God's Presence.

Isaiah 26:3 NKJV

You will keep *him* in perfect peace, *Whose mind is stayed on You*, Because he trusts in You

Romans 8:6 NKJV

For to be carnally minded *is* death, but to be spiritually minded *is* life and peace.

(Psalm 73:2,3,16,&17 NKJV)

3. Obey God's Principles.

Psalms 119:165 NKJV

Great peace have they who love your law, and nothing can make them stumble.

John 15:10 NKJV

If you **keep** My commandments, you will **abide** in My love, just as I have kept My Father's commandments and **abide** in His love.

4. Trust God's Plan.

Proverbs 3:5-6 NIV

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

"Sorrow looks back, Worry looks around, Faith looks up" — **Ralph Waldo Emerson**

5. Ask for God's Provision

Philippians 4:6-7 LB

Don't worry about anything; instead pray about everything; tell God your needs and don't forget to thank Him for His answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand.

Rom 3:24 NKJV

²⁴ being justified freely by His grace through the redemption that is in Christ Jesus,