



## THE FIVE KEYS TO PEACE OF MIND

*“I leave behind with you -- peace; I give you My own peace and My gift is nothing like the peace of the world. Do not be distressed or daunted.” (John 14:27 - J.B. Phillips Translation)*

### THE FIVE KEYS

#### 1. **Accept God's** \_\_\_\_\_

*“Since we have been justified through faith, we have peace with God through our Lord Jesus Christ.” Romans 5:1*

*“Who is a God like You, who pardons sin and forgives... You delight to show mercy.”  
Micah 7:18*

#### 2. **Recognize God's** \_\_\_\_\_

*“You (God) will keep those in perfect peace whose minds are steadfast on You...”  
Isaiah 26:3*

*“... to be spiritually minded is life and peace.” Romans 8:6*

*“God is our refuge and strength, and ever-present help in trouble. Be still and know that I am God.” Psalms 46:1, 10*

#### 3. **Obey God's** \_\_\_\_\_

*“Those who love Your laws have great peace of heart and mind and do not stumble . . . so I have obeyed Your laws.” Psalm 119:165-116*

#### 4. **Trust God's** \_\_\_\_\_

*“Trust in the Lord with all your heart, and don't lean on your own understanding; in all your ways acknowledge Him, and He will direct your paths.” Proverbs 3:5-6*



- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

“... I have learned to be content whatever the circumstances.” *Philippians 4:12*

**5. Ask for God's** \_\_\_\_\_  
“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.” *Philippians 4:6-7*  
(LB)

*Jesus said, “Do not let your hearts be troubled. Trust in God—trust in Me.” John 14:1*