


7 Simple Steps to Attain and Maintain God’s Peace in Your Life

- **Step #1** - DO the things in [Philippians 4:4-7](#)
- **Step #2** - MAKE A LIST of things below ([Philippians 4:8](#))
- **Step #3** - THINK ON YOUR LIST of things (meditate¹) and guard against everything opposing
- **Step #4** - PRACTICE what you’ve learned and saw from good examples of Christ-followers
- **Step #5** - REMEMBER that “the God of peace will be with you” ([Philippians 4:9](#))
- **Step #6** - KNOW YOU CAN DO THIS! “I can do all things through Christ who strengthens me”
- **Step #7** - RESET if you ever get anxiety and go back to **Step #1** 

“Finally, brethren, whatever things are:

TRUE: _____

NOBLE (*synonyms*²: honest, honorable): _____

JUST (*synonyms*²: right, holy, righteous): _____

PURE (*synonyms*²: innocent, free from sin, clean, pure from carnality): _____

LOVELY (*synonyms*²: literally things that are “friendly towards,” “pleasing,” “agreeable,” or “acceptable” to God): _____

of **GOOD REPORT** (*synonyms*²: sounding well, well spoken of, reputable): _____

if there is **ANY VIRTUE** (*synonyms*²: moral goodness, excellence): _____

and if there is **ANYTHING PRAISEWORTHY** (*synonyms*²: a commendable thing): _____

MEDITATE¹ (*synonyms*²: think on, dwell, consider) **on these things.**” (this is **Step #3** above)

¹ This is not Eastern Meditation

² Synonyms in parentheses are from these dictionaries: Thayer’s, Strong’s and NAS