

## I. Previous Sessions

- A. What's so important about the Word?
- B. The true revelation of God is in the Word!

## II. Finding Peace in God's Word

### A. The lack of peace in today's world

#### 1. Inner Peace Definition

- a. Peace of Mind
- b. Inner calm
- c. The opposite of agitation, anxiety, or distress.
- d. The opposite of being stressed or anxious.

#### 2. People are Languishing

- a. **Languish** – to become feeble or weak – to live in a state of depression or decreasing vitality
- b. **Words associated with languishing** – weaken, deteriorate, decline, droop, wilt, fade or fail.
- c. **Languishing people are experiencing a lack of peace.**

### B. What does the Bible say about Peace?

- 1. **John 14:27 (NKJV)** – *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid*  
The lack of peace is connected to a troubled heart.
- 2. **2 Thessalonians 3:16 (NKJV)** – *Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all.*  
He is the Lord of Peace!
- 3. **Psalms 29:11 (NKJV)** – *The LORD will give strength to His people; the LORD will bless His people with peace*  
Strength and peace go together.

**C. Personal Experiences with Peace in the Word and Overcoming Depression**

1. I was languishing.
2. God dealt with me to search for peace scriptures in the Word.
3. I had to speak/declare His peace as promised in the Word.

**D. The Prescription of Peace according to the Word.**

**1. Check your mindset**

- a. **Romans 8:6 (NKJV)** – *For to be carnally minded is death, but to be spiritually minded is life and peace*
- b. **Isaiah 26:3 (NKJV)** – *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You*  
**Isaiah 26:3 (NLT)** – *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you*

**2. Be selective with your thoughts**

- a. **Philippians 4:8 (NKJV)** – *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things*  
**Philippians 4:8 (NLT)** – *Finally, brothers and sisters, keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable, or commendable.*
- b. Thoughts are seeds.  
*The seed of fear – anxiety – worry – begins with thoughts and words.*
- c. Beware of dangerous thought patterns.  
*The mind develops strong habits regarding our daily thought patterns. Make sure that you thought patterns are wholesome and full of life vs death.*

3. **Meditate on the promises of God vs the words of others.**
  - a. **Psalms 19:14 (NKJV)** – *Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength, and my Redeemer*  
**Psalms 19:14 (CEV)** – *Let my words and my thoughts be pleasing to you, LORD, because you are my mighty rock and my protector.*
  - b. **Proverbs 25:25 (NKJV)** – *As cold water to a weary soul, so is good news from a far country*
    - 1) The Gospel is Good News and refreshes us.
    - 2) The news of this world steals robs us of our peace.
  
4. **Identify peace stealing thoughts and replace them with God's peace filled word. What is stealing your peace?**
  - a. **2 Corinthians 10:4-5 (NKJV)** – <sup>4</sup>*For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,*  
<sup>5</sup>*casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*
    - 1) Identify the thoughts that are causing anxiety.
    - 2) Take them captive and replace them with thoughts that bring a harvest of peace.
  - b. Make sure you are sowing for a harvest of peace vs turmoil.  
*You cannot reap a different harvest if you keep sowing the same seed!*
  
5. **Maintain Peace in the Word**
  - a. Don't run to God's word only when trouble comes.
  - b. Keep peace alive in your heart by daily meditation upon His Word.