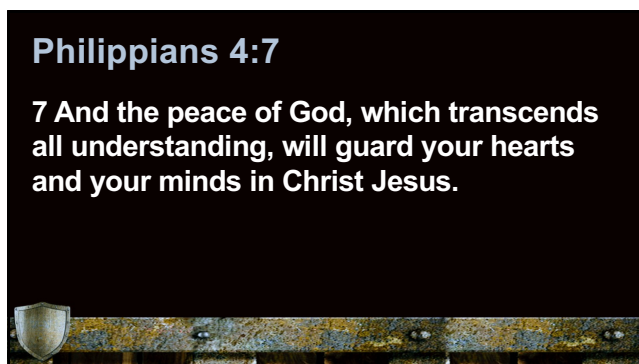
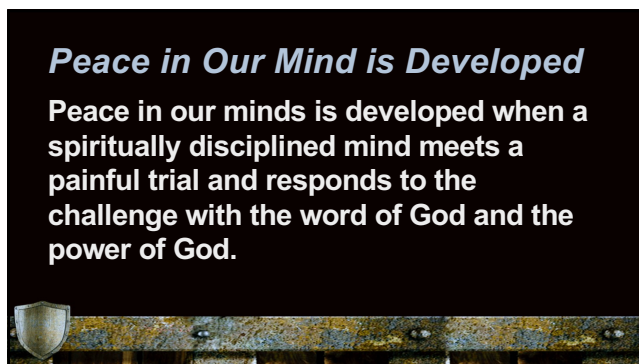




2



3



4

Peace in Your Mind

- 1. Faith Faces Facts
- 2. Untangle fact/emotion to gain clarity
- 3. Spirit-infused words produces peace



5

Romans 1:9-10

9 For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you



6

Romans 1:9-10

10 always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you. I long to see you so that I may impart to you some spiritual gift to make you strong—



7

Luke 9:51 KJV

And it came to pass, when the time was come that he should be received up, he [Jesus] steadfastly set his face to go to Jerusalem,



8

Romans 1:18

18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.



9

Romans 4:19

Without weakening in his faith, he faced the fact that his body was as good as dead--since he was about a hundred years old--and that Sarah's womb was also dead.



10

Accept Life As It Is

**“Accept life as it is and make the best of it. Live in the world you inhabit. Look upon things as they are. Take them as you find them. Make the best of them. Turn them to your advantage”
- Robert E. Lee**



11

Faith Faces Facts and Adapts



12

I Never Lost Faith

**“I never lost faith in the end of the story, I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life...
- Admiral Stockdale**



13

Died of a Broken Heart

“The optimists. Oh, they were the ones who said, ‘We’re going to be out by Christmas.’ And Christmas would come, and Christmas would go. Then they’d say, ‘We’re going to be out by Easter.’ And Easter would come, and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart.”



14

Optimism is Different Than Faith

Optimism is based on confidence in man’s ability (self-help) and faith is based upon confidence in God’s ability (God-help)



15



Stockdale’s Paradox

“You must retain faith that you will prevail in the end regardless of difficulties and at the same time you must confront the most brutal facts of your current reality, whatever they might be. “





16

Biblical Peace is Not Based on:
Avoidance
Ignorance
Optimism (Positivity)





17

Mental Toughness
“Mental toughness is like your fitness level, the more you train, the more fit you become. When you stop training your fitness level slips back. If you don’t consistently attend to your mental fitness, your mental toughness level begins to atrophy.” - Patrick Cohn



18

1 Timothy 4:8
For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.



19

Mental Toughness is Priority

“Mental toughness is to physical as four is to one.”

– Bobby Knight
Indiana Basketball Coach



20

Assess Mental Toughness (1-10)

Examine unpleasant realities Fully
Accept Implications Quickly
Seek wisdom Purposefully
Listen to truth-tellers Consistently
Take action Fearlessly



21

Prayer for Mental Toughness

Lord, Help me to become mentally tough. I want to learn how to train my mind to be godly. May the words of my mouth and the meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer. (Psalm 19:14). In Jesus name, amen.



22

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23

Luke 24:36-42

36 As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!"
 37 But they were startled and frightened and thought they saw a spirit.



24

Luke 24:36-42

38 And he said to them, "Why are you troubled, and why do doubts arise in your hearts? 39 See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have."



25

Luke 24:36-42

40 And when he had said this, he showed them his hands and his feet.
41 And while they still disbelieved for joy and were marveling, he said to them, "Have you anything here to eat?"
42 They gave him a piece of broiled fish,
43 and he took it and ate before them.



26

John 20:24-29

24 Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came.



27

John 20:24-29

25 So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe."



28

John 20:24-29

26 Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, "Peace be with you."



29

John 20:24-29

27 Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe."



30

John 20:24-29

28 Thomas answered him, "My Lord and my God!" 29 Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."



31

Anxiety Feeds Upon Possibilities

Anxiety feeds upon an undisciplined mind that continually ponders the many dangerous possibilities. The answer is to face the facts in a disciplined way and untangle the emotions that naturally arise, until we gain clarity.



32

Psalm 139:23-24 NIV

23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.



33

Battle for our Will

I don't want to want to
I don't want to
I want to want to
I want to



34

Face Facts in a Discipline Way

1. Consume news in right amounts
2. What did I learn that surprised me?
3. What implications did I discover?
4. What emotions did it elicit? Why?
5. What decisions must be made?
6. Where is faith? Fear? Avoidance?



35

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36

Philippians 4:8-9

8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.



37

Philippians 4:8-9

9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”



38

Peace is maintained by practice

Peace is maintained by a set of mental practices to overcome the inevitable anxious thoughts when facing the facts during trials.



39

1 Peter 4:1-2

Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, 2 so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.



40

Philippians 4:7

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



41



42
