

## Peace No Matter What

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### Rejoice always.

Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Philippians 4:4-5 NLT

### Don't worry about anything.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 NLT

- Lies believed as truth can affect us as if they are true.
- Problems occur when we allow our fears and worries to dominate our thoughts.

### Pray about everything.

- Tell God what you need.
- Thank Him for all He has done.

### Experience God's peace.

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:7 NLT

### Focus your thoughts on God's Word.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT

### Keep practicing.

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:9 NLT

- Do what I can do.
- Give God what I can't do.
- Trust God no matter what.

## Let's Connect

- What's something that triggers an instant response of fear in you?

## Let's Talk About It

Your focus matters. What you fill your mind with and think about will shape your life. This is good if your mind is focused on true and good things, but it can be a problem if your mind is filled with worrying, anxious, or fearful thoughts. It is possible to experience God's peace, no matter what circumstances come your way. While there is a pull to live filled with anxiety, God asks us to pray about everything, tell Him what we need, and thank Him for what He's done. Do what you can do, give God what you can't do, and then trust Him with the rest. As you keep practicing this, you'll experience a peace that is beyond your understanding.

Philippians 4:4-9; Romans 8:5-6; John 14:1; Psalm 139:23

- Which part of the message impacted or challenged you?
- Read Philippians 4:4-9. What are some of the things that you typically worry about the most? Discuss how you can practically apply Paul's instruction to "worry about nothing, pray about everything, tell God what you need and give thanks for all He has done."
- Describe a recent circumstance that really stressed you out. How does Philippians 4:6-9 change the way you'll respond next time?
- In Philippians 4:8, Paul tells the Philippians that thinking about the right things will lead to God's peace. How is your thought life? With what do you fill your mind? Things that are true, noble, right, pure... or other things? How can you shift your thoughts toward things that honor God?
- Read Romans 8:5-6. How does prayer combat worry and open the way to experience God's peace? What does it look like if you took a situation that causes you fear, worry, and stress and instead did this: 1. Do what you can do, 2. Give God what you can't do, 3. Trust God no matter what?

## Take a Step

- Start a good habit. Every time you catch yourself worrying or stressing about something, write it down or put it in a prayer box and give it back to God.

## Here's My Prayer

- God, we trust You. Thank You for giving us Your truth through the Bible. Thank You for giving us Your Holy Spirit to rely on. Thank You for Jesus, who sets us free from worry and anything that gets us stuck. Teach us to seek You and Your peace regularly in prayer. In Your mighty name, amen!