

He Promises— Finding Peace in Your Thoughts

- **Jesus willed His mother to John. (John 19:26-27)**
- **Jesus willed His spirit to His Father. (Luke 23:46)**
- **Jesus willed His peace to you. (John 14:27)**

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27 NIV

*In that day, everyone in the land of Judah will sing this song: Our city is strong! We are surrounded by the walls of God’s salvation.
²Open the gates to all who are righteous; allow the faithful to enter.
³You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:1-3 NLT*

***shalom*: wholeness, completeness, fullness of peace**

You will keep in perfect peace ... all whose thoughts are fixed on [God]! Isaiah 26:3 NLT

The battle for peace begins in our minds.

***samak*: to lean on completely, to fully rest oneself**

What consumes your mind controls your life.

... 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. ⁹... Then the God of peace will be with you. Philippians 4:8-9 NLT

True peace is found in the presence of God.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV

TALK IT OVER

Read **Philippians 4:6-7**. How do you normally respond to anxious thoughts? How can the practice of gratitude change our thoughts?

Share about a time when you experienced the peace of God. What was that like, and what did you learn about His peace?

Are you currently experiencing a worry or anxious thought? Talk about it and spend time praying together.