



BIBLE STUDY Walking in God's PEACE

Introduction:

According to Dr. Rick Warren Everyone wants peace of mind. But most of us, if we're honest with ourselves, have to admit that we experience more stress than peace.

How familiar are you with stress? Complete each of these sentences with the appropriate word:

Stress is an unfortunate fact of life in our modern world.

Statistics tell us that people in the US consume 15 tons of aspirin every day.

Sales of tranquilizers are at an all-time high.

Books on peace of mind become instant best sellers.

Too much stress is unhealthy.

Proverbs 14:30 says A heart of peace gives life to the body, but envy rots the bones.

I. Three types of biblical peace

- A. Spiritual peace. (Romans 5:1)
- B. Emotional peace. (Colossians 3:15)
- C. Relational peace. (Roman 12:18)

II. The promise of God's peace.

- A. Peace is priceless. (John 14:27)
- B. Peace is perpetual.
- C. Peace in the midst of problems.

III. I must understand how to receive God's peace.

- A. Peace comes through obeying God's principals. (Psalms 119:165-167)
- B. Peace comes through accepting God's pardon. (Micah 7:18; I John 1:9)
- C. Peace comes through focusing on God's presence. (Isaiah 26:3; Psalm 46:1,10)

WHAT ARE YOU GOING TO FOCUS ON? WE HAVE A CHOICE OF EITHER FOCUSING ON OUR PROBLEMS OR FOCUSING ON GOD, WHO HOLDS THE SOLUTION.

- D. Peace comes through trusting God's purpose. (Proverbs 3:5-6; Philippians 4:12)

THE HOUSE OF HOPE MACON

E. Peace comes through **asking** for God peace.

(Philippians 4:6,7)

- Prayer is the cause; peace is the effect.
- Worry is the opposite of peace; they cannot coexist.
- Worry comes from the German word which means, “to choke”

Luke 8:14 - (And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection.)

- Prayer is a tremendous stress reliever.

I Peter 5:7 - (Casting all your care upon him; for he careth for you.)