

# PEACE

## *Overcoming Anxiety*

**Key Passage:** *Philippians 4:4-9 (NLT)*

Anxiety is a reality for many, affecting decisions and actions.

**We are not meant to live with anxiety!**

## **JOY**

**Philippians 4:4 (NLT)**

*4 Always be full of joy in the Lord. I say it again—rejoice!*

**Difference between joy and happiness:**

- *Happiness* is fleeting and circumstantial.
- *Joy* is internal and rooted in God.

**Psalm 16:11 (NLT)**

*11 "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."*

**Joy is a fruit of the Spirit** (*Galatians 5:22*), which is cultivated through a relationship with God.

Paul exemplified joy **even in prison**, showing that true joy is independent of circumstances.

**Key takeaway:** A life rooted in God's joy leaves no room for anxiety.

## **PRAYER & GRATITUDE**

### **Philippians 4:6 (NLT)**

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

### **Why prayer over worry?**

- Prayer acknowledges God's sovereignty.
- It shifts focus from self to God's will.
- It fosters humility and reliance on Him.

### **1 Thessalonians 5:17 (NLT)**

*7 "Never stop praying."*

**Gratitude is crucial** – thanking God shifts our perspective from what's lacking to His abundant blessings.

## **1 Colossians 1:17 (NLT)**

*17 He existed before anything else, and he holds all creation together.*

**Key takeaway:** Through prayer and gratitude, we surrender our worries to God and receive His peace.

## **GOD'S PEACE**

### **Philippians 4:7 (NLT)**

*7 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.*

### **Human peace vs. God's peace:**

- Human peace is based on external stability.
- God's peace is **supernatural and unwavering**.

### **1 John 4:18 (NLT)**

*18 Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.*

**Key takeaway:** God's peace is a byproduct of trusting Him completely.

# GODLY THINKING

## **Philippians 4:8 (NLT)**

*8 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.*

**Intentional focus:** We choose what we dwell on.

## **2 Corinthians 10:15 (NLT)**

*5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.*

**Analogy:** Just like framing a room requires strong beams, our thoughts should be built on godly principles.

**Key takeaway:** Fixing our minds on godly things leaves no space for anxiety.

# PRACTICE

## **Philippians 4:9 (NLT)**

*9 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.*

**Greek word "prassō"** – means to *practice, do repeatedly, carry out*.

Faith is a **lifelong process** requiring daily application.

**Key takeaway:** The more we apply God's word, the clearer His voice and peace become in our lives.

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### **Conclusion:**

In a world full of anxiety, we need **true, lasting peace**.

### **How do we find it?**

- Choose **joy** based on knowing God.
- Live in **prayer and gratitude**.
- Allow **God's peace** to rule in our hearts.
- **Fix our thoughts** on godly things.
- **Practice and apply** what we learn daily.

When we do this, we **exchange anxiety for God's peace**.