



Finding the Peace of God - Handout #7

How do we gain that peace?

"We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ" (2 Corinthians 10:5).

The _____ aspects of the battle to overcoming worry are: Destroying and Capturing.

1) The destroying speaks to those things that go counter to God. eg. secularism. This is summarized by the word 'repent.'

2) The capturing speaks about taking back what we had lost and using it for the Lord. This is the process of sanctification. This is summarized by the word 'believe.'



Three Enemies of Peace

Peace is the absence of trouble; the presence of God.

If anxieties, stresses and fears are not effectively dealt with by living godly lives, diseases are added to our problems.

Anxiety, stress and fear are 'buddies' working together to steal our peace.

"Of whom were you worried and fearful, When you lied, and did not remember Me, Nor give Me a thought? Was I not silent even for a long time So you do not fear Me? (Isaiah 57:11).

Anxiety (Anxious)	Stress (Stressful)	Fear (Fearful)
A state of trouble over unsuccessfully resolving important matters.	A state of silent frustration over matters we feel that we can do nothing about.	A state of alarm over a vital concern we feel that might bring us harm.
<u>Distracted</u>	<u>Defeated</u>	<u>Alarmed</u>
Constantly	Frustrated	Worrying
figuring out	over	about my
solutions	no resolve	security

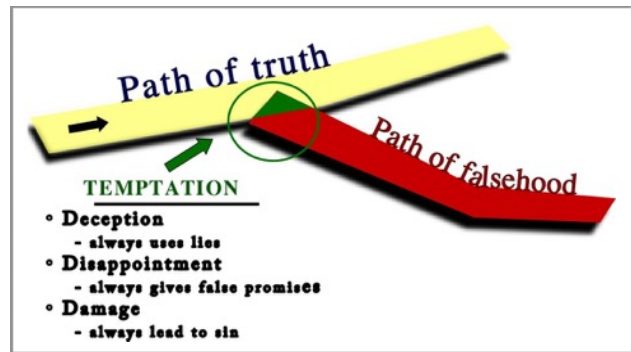
- **An anxious spirit** is constantly _____ to its perplexing and confusing problems.
- **Stress** is _____ over matters we can do nothing about.
- **Fears** revolve around _____ concerns connected to our perceived welfare and security.

Understanding Temptation's Trick

Temptations intrude into our life's path in order to lead us astray.

Every temptation is founded on a _____ and always presents a lifestyle that departs from the commands of God. They attract us by asserting the alternative way is the best way. It never is. Never. The best thing to do is keep on the right path.

Worry makes us very _____ to temptations.



Preventative Measures

We need to train our selves to be more conscious about what we are thinking. Go deeper than ones feelings. We do this through:

- consistent study in God's Word,
- journaling and prayer with God.

Too busy? Then spend your time _____!

1. Avoiding the Claws of Temptation

- Catch it! Be aware of _____
- Discern it! Analyze the thought
- Decide it! Make the right decision.



Recovering from Worry

If we are going to recover, we need the promises of God's Word. If we don't know them, then we can't get back.

Promises are special sections of God's truth that instill hope and confidence in us. They give us special access to God's mind to keep us on the way of truth and protect us from temptation and falling away.

"Those who trust in the LORD are as Mount Zion, which cannot be moved, but abides forever" (Psalms 125:1).

2. Recovering by God's _____

Promises are truths of God relating to how He will graciously care for you!

- Regularly _____ on God's Word
- Plead with God to teach you
- Keep special list of struggles
- Note what promises pop out at you



- Affirm you will live by His promises

Focusing on God's Word

Again and again we find that true comfort and help comes from God's Word.

God and His mind is revealed to us when we get His Word into our lives. We can see this in the way these men who were experiencing difficult times actually met God through the words of the scriptures.



His Word
becomes
our thoughts

#1 Psalm 94:19

"When my anxious thoughts multiply within me, Thy consolations delight my soul."

#2 Psalm 119:81

"My soul languishes for Thy salvation; I wait for Thy word."

#3 Psalm 119:174

"I long for Thy salvation, O LORD, And Thy law is my delight."

Meditating on God's Promises

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success" (Joshua 1:8).

The study of God's Word:

Motivated with a heart to know and obey God which results in a pondering before God what God is trying to say to him.

Psalm 5:3 'My Morning Prayers'

- "In the morning, O LORD, Thou wilt hear my voice."

What a way to start the day!

The promise is that Jehovah God will _____ hear my voice in the morning.

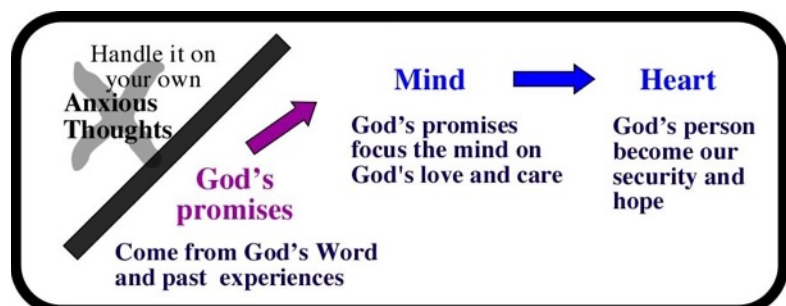
- "In the morning I will order [my prayer] to Thee and [eagerly] watch."

In the morning I will cast my heart upon my God in two ways:

- 1) I will pray to You my Lord
- 2) I will look through the day to see how you _____.

Controlling Our Thoughts

Our minds can only _____ upon one matter at a time. When we start thinking of God's promises, the old thoughts and false promises are necessarily put to the side. We adopt the new words of God for our hope and



future direction of life.

When we open our hearts for God's promises, they become the focus of our mind and enter our heart. New faith comes as the Holy Spirit takes the promise and applies it to our situation. Where we once were controlled by worry, now God's precious words controls our mind and lives.

We can only think about one matter at a time. By deliberately _____ what we think upon, we set our hearts on God's provisions.

The Peace of God

"Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, in order that by them you might become partakers of the divine nature, having escaped the corruption that is in the world by lust" (2 Peter 1:3-4).

- **His Person**
- **His Power**
- **His Ways**

Peace will be temporary unless we have resolved the down deep root worry that we have been trying to satisfy. For God's comfort to become ours, we need to focus on His person, power and ways. Our thoughts need to be like His thoughts.

When God's thoughts become our thoughts,
we have the _____ of God.

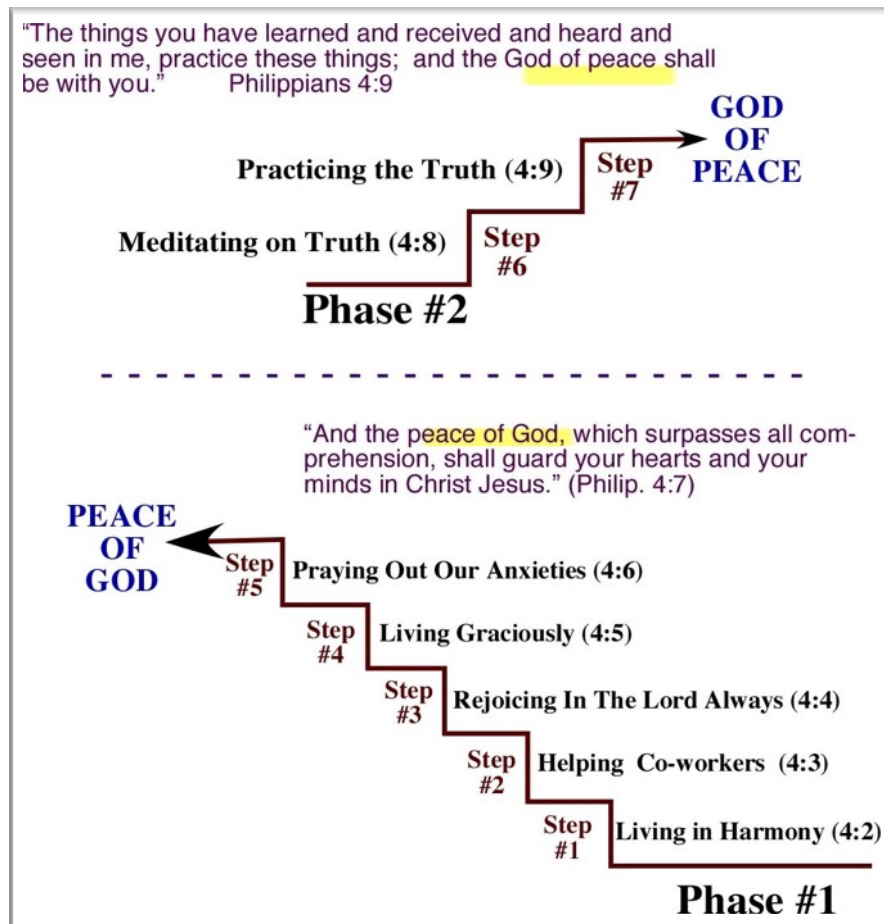
Stepping into the Peace of God (Phil 4:4-7)

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God” (Philippians 4:6).

If you want a shoddy type of peace, look for an easy-sounding solution. But if you want God’s satisfying peace, then prepare yourselves to change and be changed.

God’s way of creating this genuine peace is unlike the way we normally look for peace too. Let’s note the 7 steps to find this peace. Paul presents them in two phases.

The apostle realizes that the peace of God is good but not our goal. We need to abide in the God of peace. We see instantly how he describes the renewed mind like Christ.



Abiding in the God of Peace (Phil 4:8-9)

Finally, brethren, whatever is true,

whatever is honorable, whatever is right, whatever is pure,
whatever is lovely, whatever is of good repute,

let your mind dwell on these things.

Touching Our Lives



- **Principles:** What principles were strongly impressed on me today?
- **Applications:** What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?
- **Testimony:** What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?

OA Handout Answers #07

The two aspects of

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spend your time worrying

Be aware of thoughts

Recovering by God's promises

Regularly meditate on God's

God will personally hear

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