



SECRETS TO PEACE

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9 (NIV)

Peace

An inner calmness and rest that only comes from God.

Freedom from worry, disorder, and confusion.

“[Peace is] inward rest through His presence in the heart . . .
the inner-most tranquility caused by contact with Him.”

- H.C.G. Moule

Anxiety: hey are you awake?

Me:....

Anxiety: ARE YOU AWAKE?

Me: I am now.

Anxiety: SOMETHING IS REALLY BAD.

Me: Oh no - what is it?

Anxiety: I DONT KNOW.

Me:....

Anxiety: I CAN START LISTING POSSIBILITIES.

Me: No, that's ok

Anxiety: TOO LATE, HERE WE GO!



297



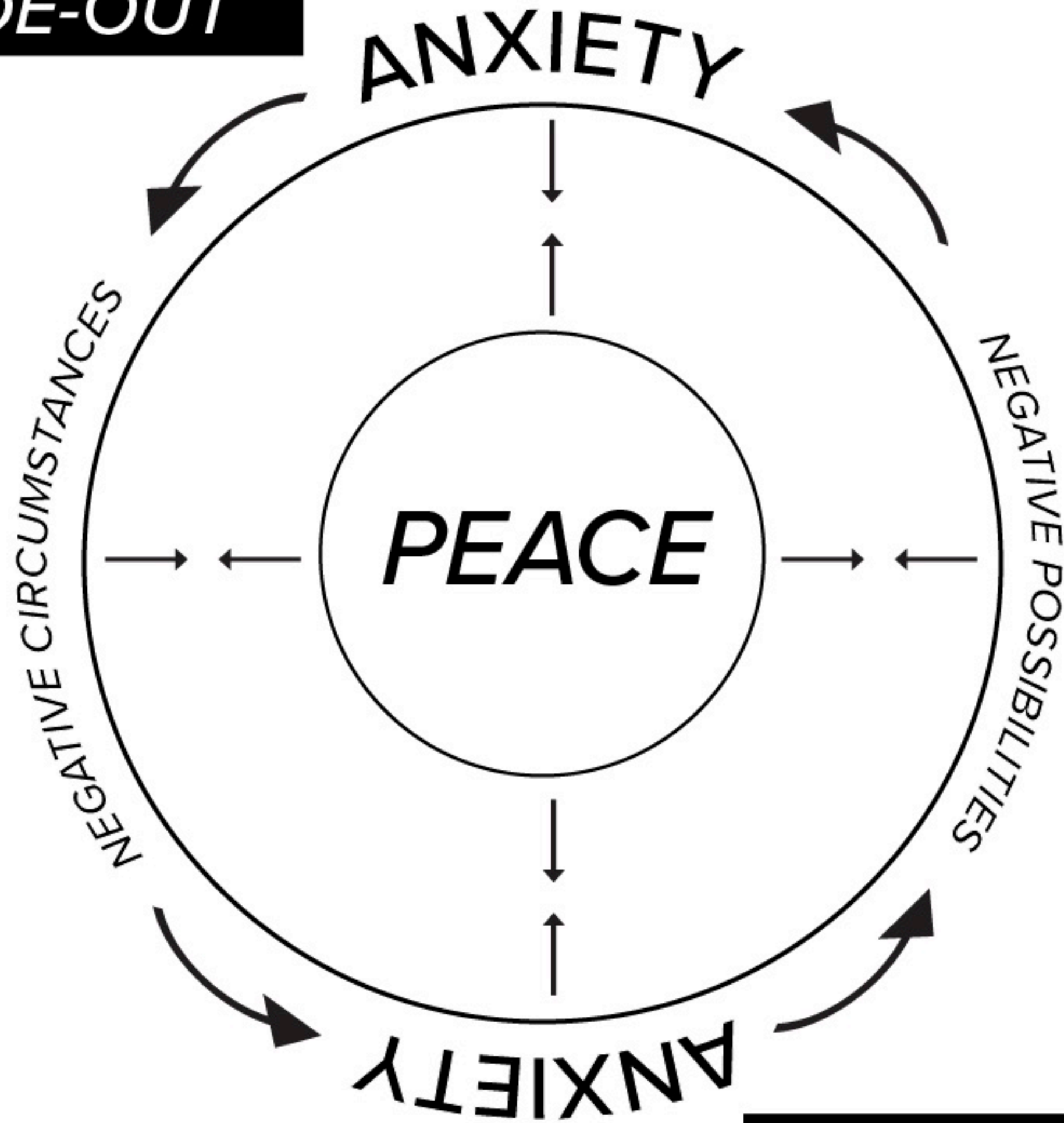
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PEACE IS INSIDE-OUT



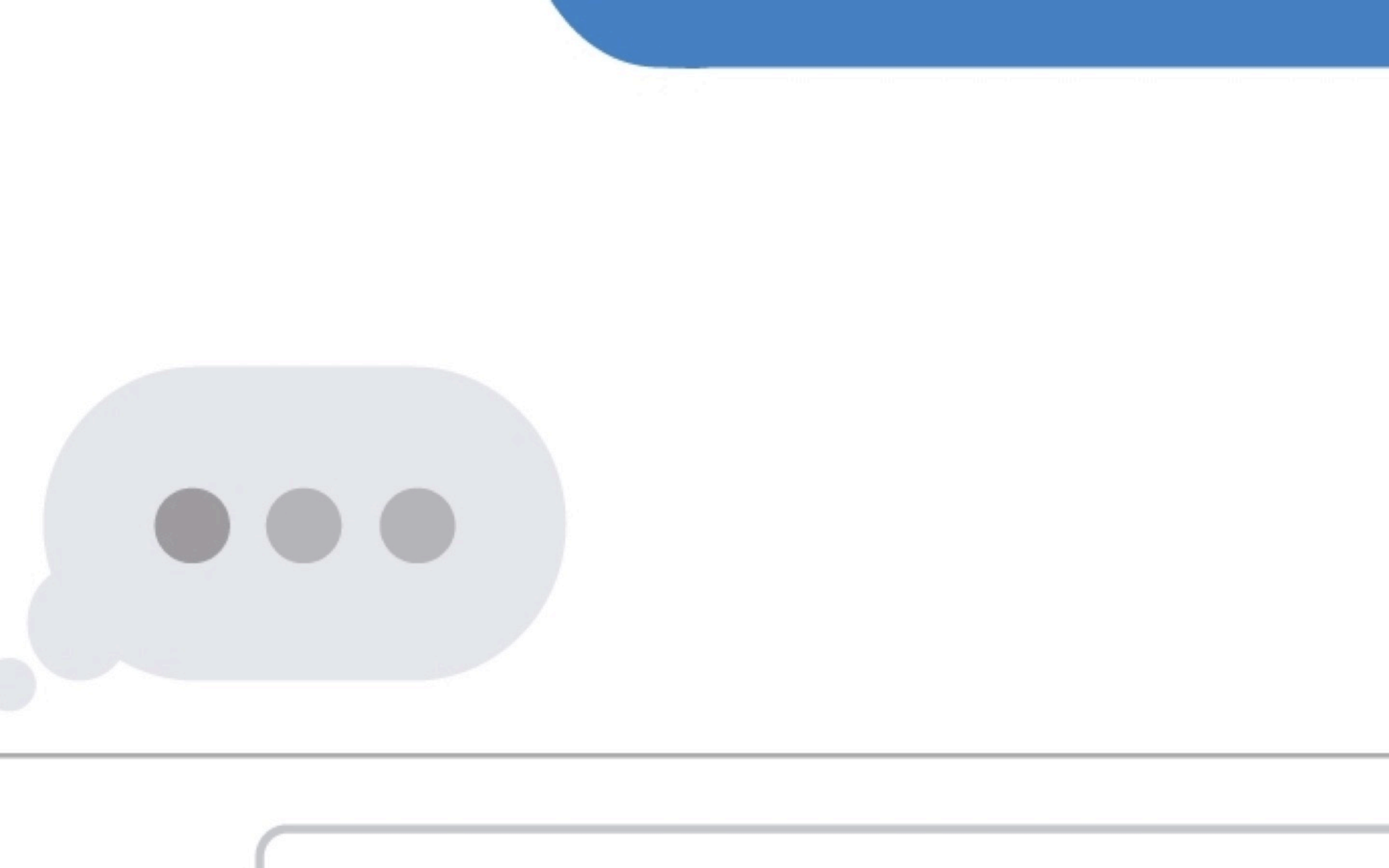
ANXIETY IS OUTSIDE-IN

Celebrate Him

Rejoice in Him

⁴**Rejoice in the Lord** always. I will say it again: **Rejoice!**

Philippians 4:4 (NIV)



Rejoice in Him

“One of the great uses of twitter and facebook [and instagram] will be to prove at the last day that prayerlessness was not from lack of time.” - John Piper

Rest in Him

⁵ **Let your gentleness** be evident to all. **The Lord is near.**

Philippians 4:5 (NIV)

Rest in Him

Those who **blame** can never walk in peace because their focus is on people, circumstances, and negative possibilities.

They minimize His nearness and exalt the supposed impact of others.