

The image features a textured, light gray background. In the center, there is a large, solid gray circle. Overlapping this circle is a thin, dark gray line that forms an ellipse. The text "SECRETS TO PEACE" is centered horizontally across the middle of the image, positioned between the two overlapping shapes.

SECRETS TO PEACE

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 innermost tranquility caused by contact with Him.”

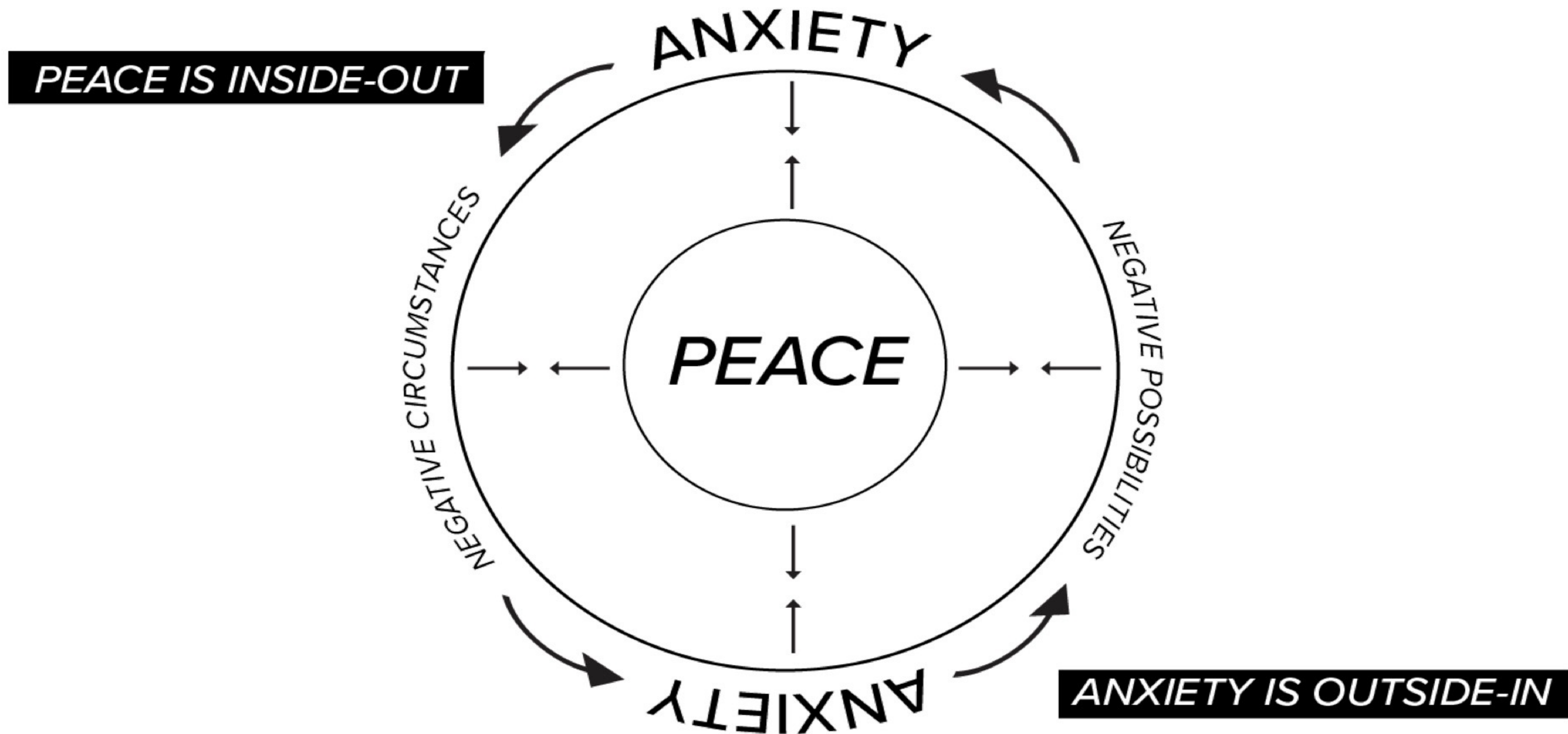
- H.C.G. Moule

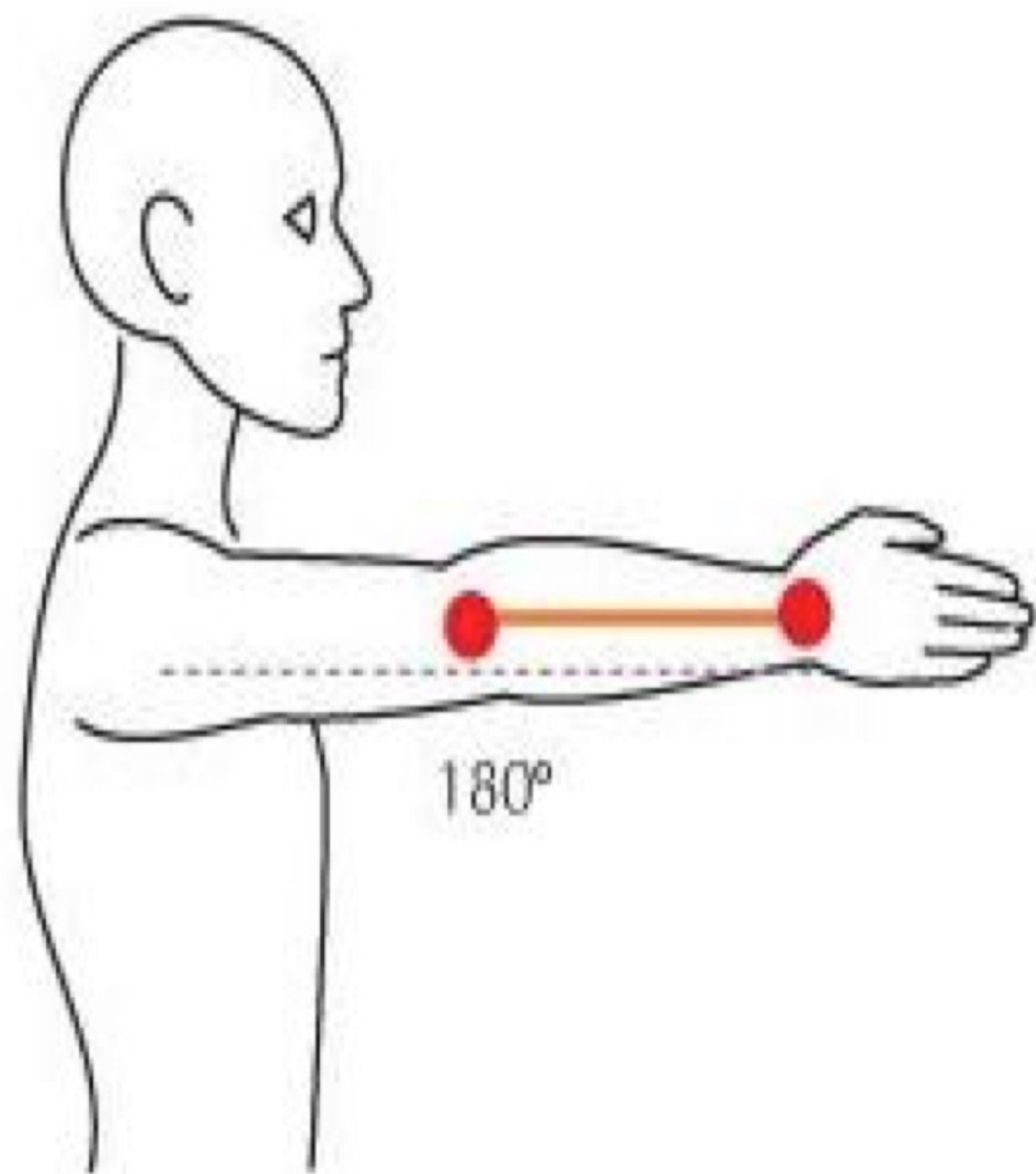
⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, 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)

Push It Back!

ANXIETY IS A WAR AGAINST THE SOUL





Extension

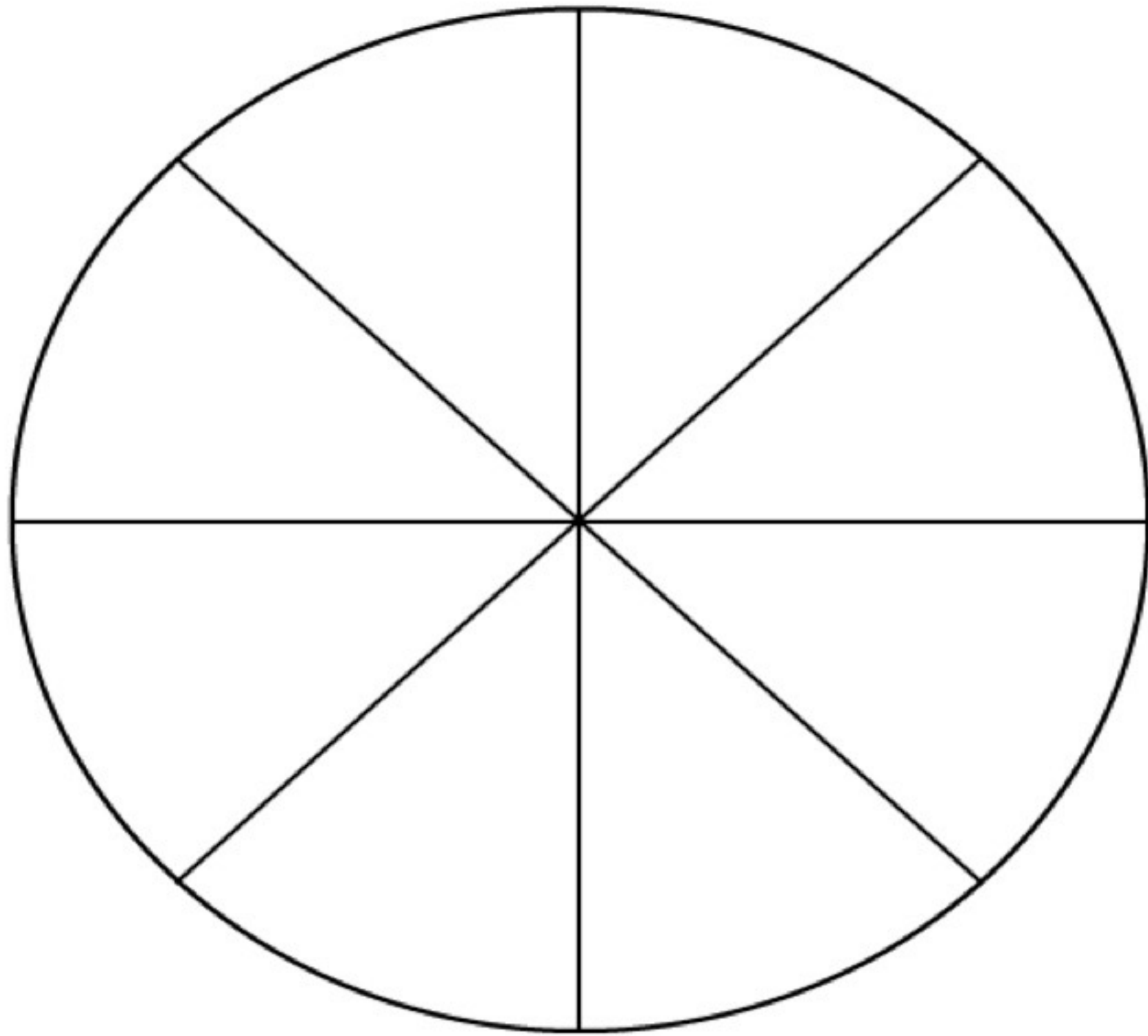


Hyperextension



ANXIETY IS A WAR AGAINST THE SOUL

*THE SOUL AT PEACE
STAYS BALANCED*



*THE SOUL STRANGLERD BY
ANXIETY BECOMES
HYPEREXTENDED*



¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Colossians 3:15 (NIV)

Push Back Immediately

⁶Do 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)



Push Back by Prayer and Petition

⁶Do 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)

Push Back by Prayer and Petition

Prayer: A Holy conversation with your Father

Petition: Making requests to your Father

Push Back With Thanksgiving

⁶Do 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)

Push Back With Thanksgiving

²⁵She is clothed with strength and dignity; she can laugh at the days to come. ²⁶She speaks with wisdom, and faithful instruction is on her tongue. ²⁷She watches over the affairs of her household and does not eat the bread of idleness.

Proverbs 31:25-27 (NIV)

BUILDING THE WALL OF PEACE

