



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

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

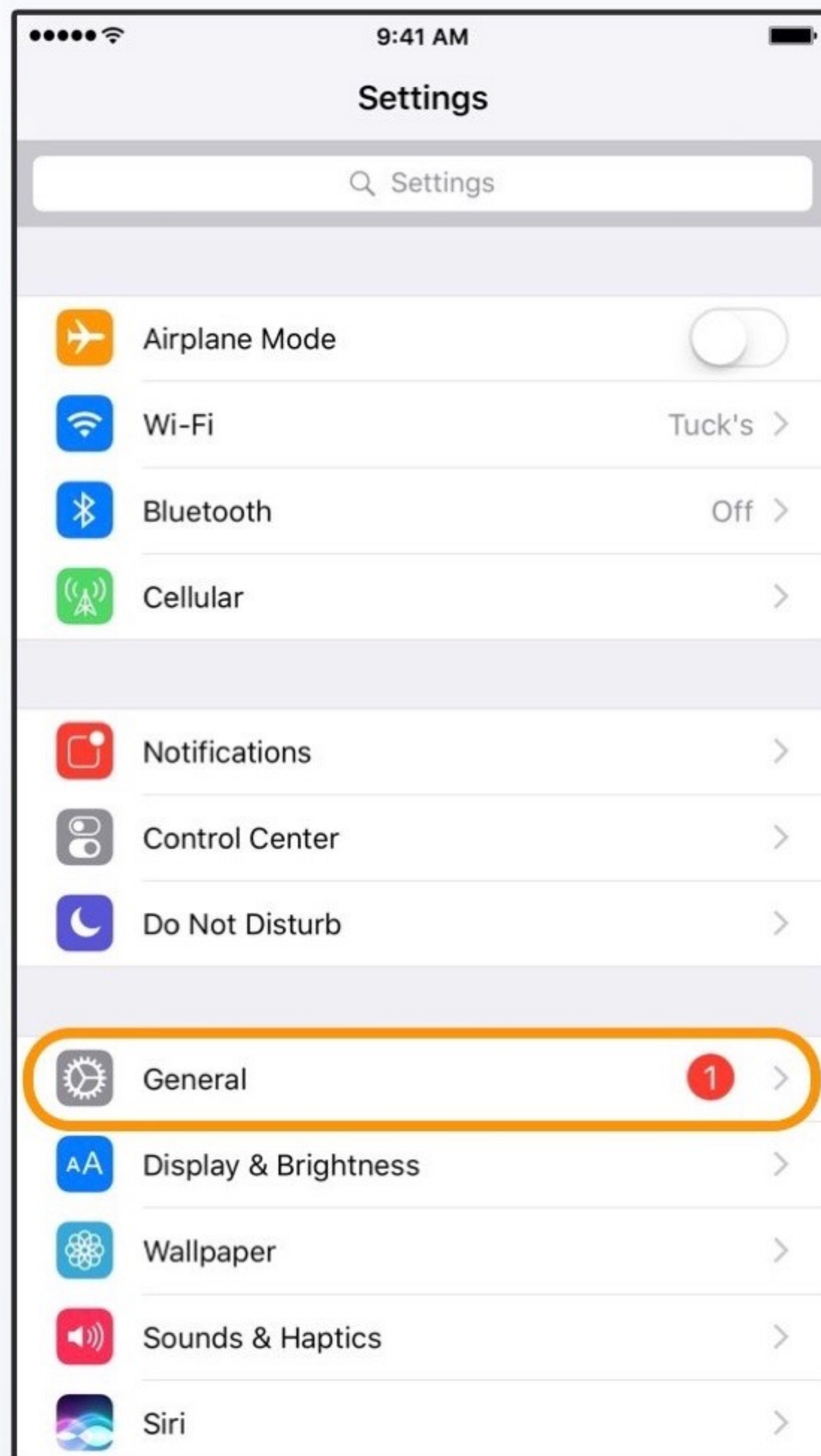
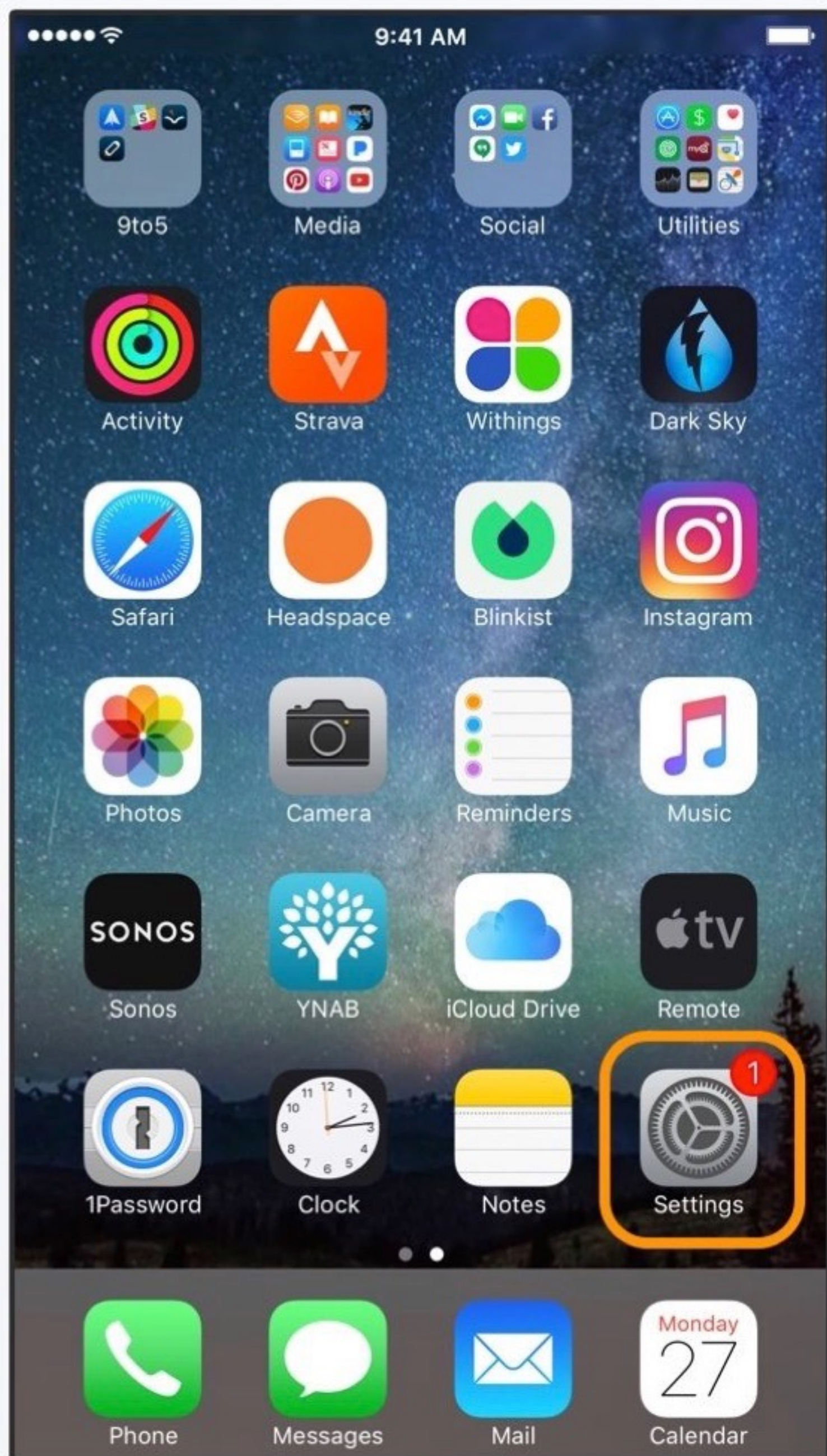
Philippians 4:4-9 (NIV)

<sup>8</sup>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. <sup>9</sup>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)

**Update  
Your  
Thinking**







FEATURING THE 21-DAY BRAIN DETOX PLAN

# SWITCH ON YOUR BRAIN



The Key to **PEAK HAPPINESS,**  
**THINKING,** and **HEALTH**

DR. CAROLINE LEAF

“Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.”

- Caroline Leaf, *Switch On Your Brain*



“Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.”

Dr. Caroline Leaf, *Switch On Your Brain*

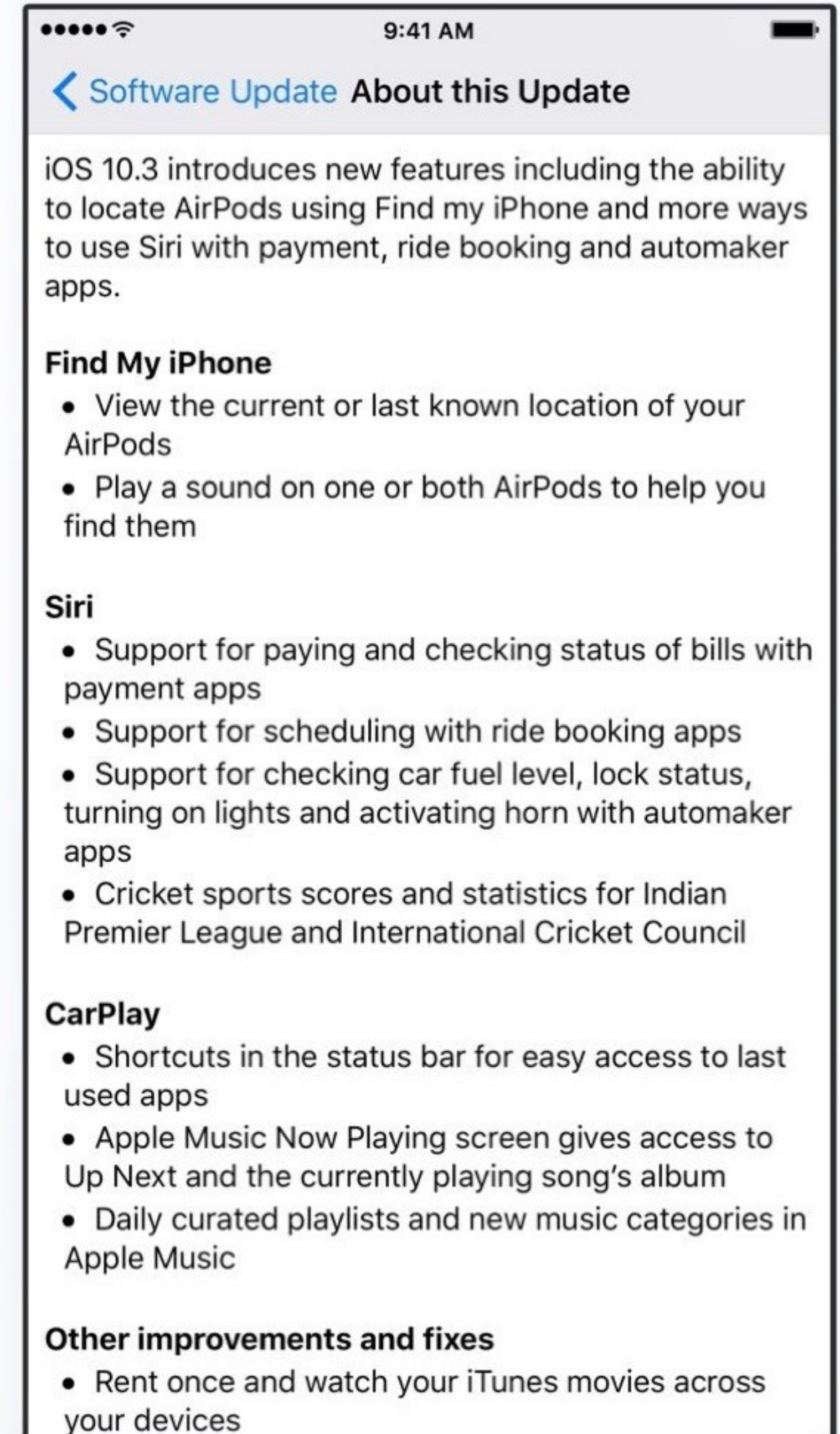
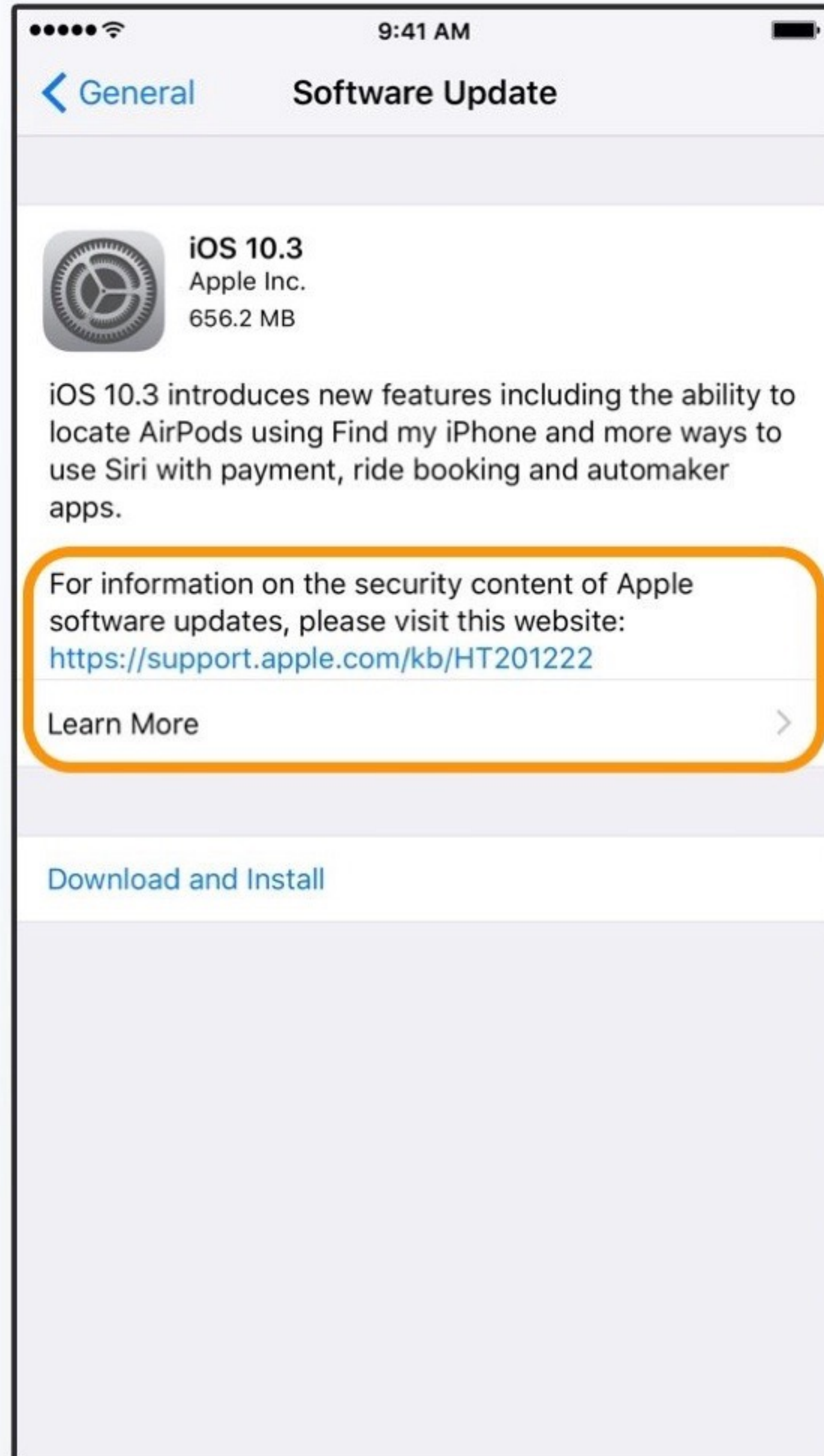
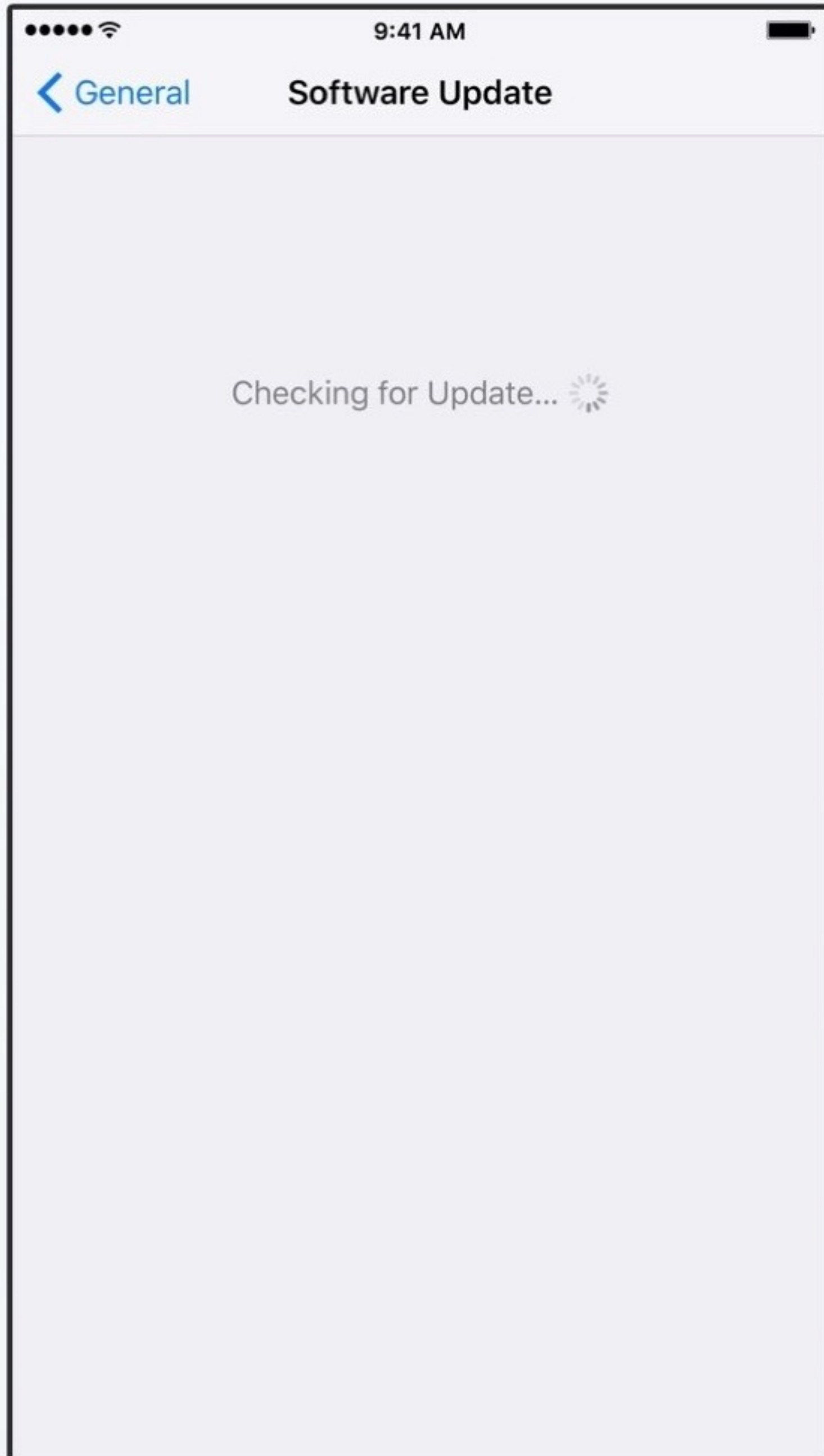


# Our Minds Need Godly Updates

<sup>8</sup>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.** <sup>9</sup>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 4:8-9 (NIV)







# Our Minds Need Godly Updates

A software update is a rewriting of code to perfect the functionality of the application in order to:

1. Improve safety
2. Repair broken functionality
3. Provide new capability



# Godly Updates Can Be Ignored

<sup>8</sup>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. <sup>9</sup>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 4:8-9 (NIV)



# Software Update

iOS 9.2 is available for  
your iPhone and is ready  
to install.

Install Now

Later

Details

# Godly Updates Can Be Ignored

**Fear** says, “I can’t handle what the update will reveal.”

**Ego** says, “I don’t want to admit I don’t know this.”

**Our flesh** says, “I can update later, but for now I want the pleasures of sin.”



# Godly Updating Requires A Strategy

<sup>8</sup> 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.** <sup>9</sup> 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 4:8-9 (NIV)

# Godly Updating Requires A Strategy

God says, “Focus on what’s praiseworthy and I will focus on protecting you.”

- 1. True:** the Word should frame all of our thoughts, responses, and decisions
- 2. Noble:** if we don’t think about what we should honor, we will never practice honor in our lives
- 3. Right:** focus on developing a conforming mindset while this world celebrates nonconformity



# Godly Updating Requires A Strategy

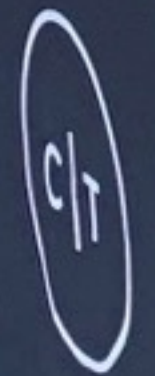
**4. Pure:** the act of shifting our thoughts through clean eyes and clean conversations

**5. Lovely:** focus on things that are beautiful to God

**6. Admirable:** focus on whatever you can speak well of

**7. Excellent:** those things which contain the highest moral character





CHICAGO TABERNACLE  
a place of learning







