

## The Death of Stress

### Part 1: Understanding the Peace Process

Proverbs 14:30

*A heart at peace gives life to the body, but envy rots the bones.*

1. \_\_\_\_\_ Peace: Peace with God

Romans 5:1

*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,*

- Spiritual peace is the \_\_\_\_\_ for \_\_\_\_\_ peace in every area of life.

2. \_\_\_\_\_ Peace: Peace of God

John 14:27

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

- Emotional peace brings \_\_\_\_\_ to our lives.

Colossians 3:15

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

- Emotional peace brings \_\_\_\_\_ to our hearts and minds.

Philippians 4:7

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

3. \_\_\_\_\_ Peace: Peace with Men

Romans 12:18

*If it is possible, as far as it depends on you, live at peace with everyone.*

- Relational peace reduces much of the \_\_\_\_\_ we have in life.

*Most of us will never know peace because  
we choose noise over silence and  
information over intimacy.*

### Part 2: Five Keys to Acquiring God's Peace

1. Obey God's \_\_\_\_\_

Psalm 119:165

*Great peace have they who love your law, and nothing can make them stumble.*

- Obedience is the door to \_\_\_\_\_.
- God's principles are in the Bible not to \_\_\_\_\_ us, but \_\_\_\_\_ to \_\_\_\_\_ us.

2. Accept God's \_\_\_\_\_

- Peace comes when you accept God's \_\_\_\_\_ of you.

1 John 1:7

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.*

Psalm 103:12

*as far as the east is from the west, so far has he removed our transgressions \_\_\_\_\_ from us.*

3. Focus on God's \_\_\_\_\_

Isaiah 26:3

*You will keep in perfect peace him whose mind is steadfast, because he trusts in you.*

- What you choose to \_\_\_\_\_ upon will determine your level of personal peace.
- Stress is God's warning light that we have taken our focus off of \_\_\_\_\_ and placed it on our \_\_\_\_\_.

*Peace is a gift.*

### **Three Keys from God's Perspective**

1. I am only \_\_\_\_\_.

2. I live with \_\_\_\_\_.

3. God is in \_\_\_\_\_.

Psalm 46:1,10

*God is our refuge and strength, an ever-present help in trouble.*

<sup>10</sup> *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

4. Trust God's \_\_\_\_\_

Proverbs 3:5-6

*Trust in the LORD with all your heart and lean not on your own understanding; 6in all your ways*

acknowledge him, and he will make your paths straight.

- Peace is a product of \_\_\_\_\_ and not \_\_\_\_\_.
- Peace allows us to \_\_\_\_\_ during the \_\_\_\_\_.
- \_\_\_\_\_ God means that we understand "oops" is not a part of his vocabulary.

5. Ask God for \_\_\_\_\_

Philippians 4:6-7

*Do not be anxious about anything, but in everything, 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.*

- When \_\_\_\_\_ comes in the front door, peace of mind goes out the back door.
- \_\_\_\_\_ is the cause; \_\_\_\_\_ is the effect.
- Worry is the \_\_\_\_\_ of peace; worry and peace can't \_\_\_\_\_.
- Peace is not a \_\_\_\_\_ - \_\_\_\_\_ life; it is \_\_\_\_\_ in the midst of the storm.

Looking at the world = \_\_\_\_\_

Looking within = \_\_\_\_\_

Looking at Christ = \_\_\_\_\_

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