

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.

¹⁰ *"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. ⁷And 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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