



Peace of Mind

Phil. 4:6-9

Philippians 4:6-9 NKJV

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Peace of Mind Comes From...

- Handling anxiety properly (v. 6; 1 Pet 5:6-7)

Philippians 4:6-9 NKJV

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

1 Peter 5:6-7 NKJV

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.

Matthew 6:25-34 NKJV

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature?"

Matthew 6:25-34 NKJV

28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

Matthew 6:25-34 NKJV

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Peace of Mind Comes From...

- Handling anxiety properly
- God

Philippians 4:6-9 NKJV

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Peace of Mind Comes From...

- Handling anxiety properly
- God
- Healthy mental habits

Philippians 4:6-9 NKJV

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Peace of Mind Comes From...

- Handling anxiety properly
- God
- Healthy mental habits
- Practicing godliness

Philippians 4:6-9 NKJV

9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Jesus, The Prince of Peace

John 14:27 NASB - "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

John 16:33 NASB - "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."