

# Real Peace

## Peace within Ourselves

Brad McConnaughey // December 20, 2020  
Philippians 4:6-7

Peace (Shalom) is the wholeness that God intends for his creation.

*“Do not be anxious for anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your heart and mind in Christ Jesus.” **Philippians 4:6-7***

**Idea: The more you pray, the more peace you will experience. This is a promise of God!**

### 1. Don't be anxious (or worry) about anything!

*“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet was without sin.” **Hebrews 4:15***

What do you worry about? What makes you anxious?

### 2. Pray about everything!

Jesus taught this very same thing when he said, *“Therefore I tell you do not worry about your life; what you will eat or drink; or about your body, what you will wear...your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.” **Matthew 6:25, 32-33***

A. Prayer directs your thoughts to God and reflects your trust in God.

*“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” **Isaiah 26:3***

B. Thanksgiving is rehearsing God's prior goodness to us.

C. Our Father invites us to bring EVERYTHING to Him.

*“Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7*

*“God is our refuge and strength, an ever-present help in trouble.  
Therefore...” Psalm 46:1-3*

### **3. And you will experience God’s peace.**

#### **Application:**

1. Name it! What are you anxious about? What do you tend to be anxious about?
2. Claim it! What scripture or promise addresses this anxiety or worry?
3. Share it! Share with someone both your worry and the scripture or promise.

A friend... A pastor...A Christian Counselor... Come up and pray this morning.

### **Read the Bible this year**

Pastor Brad encouraged us to read the Bible in 2020. Here’s some help getting started. Each day this week read from the Old and New Testament. Or, if you prefer, read just from one testament. Enjoy!

- **Hosea 5-8; Revelation 2**
- **Hosea 9-11; Revelation 3**
- **Hosea 12-14; Revelation 4**
- **Joel; Revelation 5**
- **Amos 1-3; Revelation 6**
- **Amos 4-6; Revelation 7**
- **Amos 7-9; Revelation 8**