

"Unpacking Peace"

What steals our peace?

• Difficult circumstances

"Disaster follows disaster; the whole land lies in ruins. In an instant my tents are destroyed, my shelter in a moment." *Jeremiah 4:20 (NIV84)*

Frustrating people.

"They have also surrounded me with words of hatred, And fought against me without cause. In return for my love they act as my accusers; But I am *in* prayer." *Psalm 109:3–4 (NASB95)*

Uncontrollable worry.

"We have heard the report of it; Our hands are limp. Anguish has seized us, Pain as of a woman in childbirth." Jeremiah 6:24 (NASB95PARA)

The peace thief in my life is ...

1. Run to God's presence.

"The steadfast of mind You will keep in perfect peace, Because he trusts in You." Isaiah 26:3 NASB1995

2. Respect God's principles.

"Those who love Your law have great peace, And nothing causes them to stumble." Psalm 119:165 (NASB95)

"Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful." *Colossians 3:15 NASB1995*

3. Rest on God's provision

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." *Philippians 4:6–7 (NASB95)*

4. Rely On God's people.

"Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up." *Ecclesiastes 4:9–10 (NASB95)*