



HOW TO CARRY
Peace
INTO THE
STRESSFUL
GRIND OF LIFE

PHILIPPIANS 4:6-7
CHURCH BIBLE PAGE #1233

- God never intended for His children to live stressed-out lives, but God's plan for His children is one of peace.
- We desperately need a life support system that we can carry with us through the stressful grind of daily life.
- What would be a believer's spiritual life support system?
- *"For the word of God is quick, and powerful, and sharper than any twoedged sword."* **Hebrews 4:12a**
- *"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."* **2 Timothy 3:16**
- As we implant God's Word in our hearts, it provides peace and stability wherever we go.
- What exactly **does** the Bible do for the believer?

First, it will _____ the negative aspects of your personality.

- God's plan is for the believer to _____!

- The only way for us to change is to renew our _____ as we implant God's Word into our minds and hearts.

Second, it will help you to rise _____ adverse circumstances.

- *"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he will teach you all things, and bring all things to your remembrance, whatever I have said to you. Peace I leave with you, my peace I give to you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid."* **John 14:26-27**

Third, it gives you victory over _____.

- *"Your word have I hid in my heart, that I might not sin against You."* **Psalms 119:11**

Fourth, it enables you to overcome _____.

- *"And let the peace of God rule in your hearts, to the which also you are called in one body; and be you thankful. Let the word of Christ dwell in you richly in all wisdom."* **Colossians 3:15-16**

Stress has little to do with external pressure.

It comes from _____ disorder.

Peace is God restoring _____ to our inner spirit.