

THE THOUGHTS & PRACTICES OF PEACE

March 27, 2022 Philippians 4:4-9 by Bob Branch
Joy Infusion, part 20

BIG IDEA: The thoughts and practices for accessing God's peace.

“Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. **The Lord is near.** ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.** ⁹ Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And **the God of peace will be with you.**” **Philippians 4:4-9**

The peace of God. The God of peace.

- **God's peace comes with his nearness.**
- **God's peace comes in relationship/conversation with him.**
- **You don't have to have everything figured out to experience God's peace.** (Jn. 14:27)

1. Peace is part of _____.

“I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don't yield to fear or be troubled in your hearts—instead, be courageous!” **John 14:27** TPT (1 Thes. 5:23; Eph. 2:14)

2. _____ in the direction of peace.

“Set your minds on things above, not on earthly things.”
Colossians 3:2

- **True**—*God's truth, truisms, truthful, honest, real.*
- **Noble**—*honorable, dignified; inspires reverence, awe.*
- **Right**—*what is in line with God, in sync with him.*
- **Pure**—*innocence, void of filthiness.*
- **Lovely**—*pleasing, agreeable, and attractive.*
- **Admirable**—*deservedly enjoys a good reputation.*
- **Excellent & Praiseworthy**—*goodness, virtuous, upright and true.*

3. Peace is a _____—not doing life alone.

“Whatever you have learned or received or heard from me, or seen in me—put it into practice.” **Philippians 4:9**

4. Think and _____.

“Now that you know these things, you will be blessed if you do them.” **John 13:17**

- **Think about what you want to think on.**
- **Pause runaway thoughts nearer the start.** Replace them with healthy targets.
- **Entrust your struggles with someone more mature than you, and ask for help.**
- **Pay attention to your breathing** when anxious.