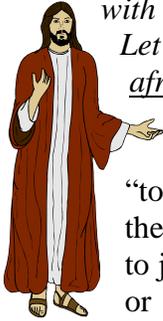




Peace of Mind



The night before Jesus went to the cross to die, He spoke these words: *“Peace I leave with you, My peace I give unto you, not as the world gives do I give it to you. Let not your heart (your thoughts and feelings) be troubled, neither let it be afraid.”* (John 14:27)



Peace is a very powerful word. It comes from a root word that means “to join”. Jesus was facing the most painful suffering and death on the cross the next day, yet He was in perfect peace. He was asking us and His disciples to join ourselves to Him in that kind of peace that can see us through any trial or suffering; His kind of peace that gives rest and quietness to our soul that cannot be taken away by trouble or stress—even the kind of stress that pulls on us and makes us feel like we’re coming apart at the seams. The peace that comes from being joined to Jesus puts us back together again.

He told us not to let our heart be troubled. He wouldn’t have said that if we didn’t have the ability to stop our heart from being troubled or afraid. Our thoughts are the only things that can steal our peace! We choose what we think about! We choose – we choose – we choose. So, if we are troubled, we are choosing to think about our troubles, instead of joining our thoughts with Christ in peace and quietness.

Many times we choose to think about our troubles and remember painful wounds from the past without even realizing we are making a choice. Those things have been such a part of our thinking for so long that our mind just sort of freely grazes from one thought to another without anything to stop it. Jesus knows we do this, that’s why He said don’t let your mind do that anymore.

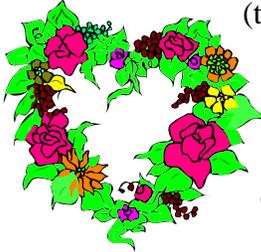
Philippians 4:6,7 says it this way; *“Don’t fret or be anxious about anything, but by prayer and petitions, with thanksgiving let your wants and needs (that trouble you and make you afraid) be known to God. And the peace of God, that passes all understanding shall keep guard over your hearts and minds in Christ Jesus.”*



What a promise! Two of the most important words in this “peace prayer” are the words “with thanksgiving”. Thanksgiving is giving praise to God and thanking Him because you know He heard your prayer and that it’s in His hands now and you’re not going to worry about it, or think about it anymore.

(Cont'd)

Another very important part of that verse is that peace will keep guard over our hearts (thoughts and feelings). Women are easily moved by their emotions, and feelings are more often our guide to decision making than facts are. But feelings can't be trusted – they can lead us away from truth and what is best for us. Feelings are the way we are deceived and seduced because we are born with a desire to love and comfort.



Wrong choices, made under the stress of emotions and strong feelings, lead to low self-esteem, fear and anxiety. These thoughts can rob our peace. Another source of anxiety are fears that were planted from childhood. Many times we don't even know where they came from. We don't know what to call them or what opened the door and let them in. They are nameless fears that sort of float around in our mind like a cloud of anxiety.

Make the decision today to remove the word afraid from your vocabulary. Fear is a thief that steals your peace of mind. Afraid is a word that no longer describes you. The person or thing you fear has power over you. Fear will make you obey it because you gave away your power to it. Take the power back – you decide the issues in your life through Jesus power! Those who created yesterday's pain do not control today's potential. Potential is power that has not been released yet. Be in control of what you think and what you say. You are not a victim, you are a victor!



You are the only person who can give you peace of mind, because you have a will. That makes you like God – no one can overrule His will, and no one can overrule your will, not even God – that's the way He made us like Him.

No one and no thing can steal your peace of mind from you. The only way you can lose it is to give it away as an act of your will. You decide! Peace and prosperity are yours if you "*let not your heart be troubled, neither let it be afraid.*"



Say right now, out loud, "*I refuse to be afraid any more. I let the peace of God that passes my understanding, keep guard over my thoughts, my feelings and my mind, in Christ Jesus!*"



Peace of Mind

1. When did Jesus give us His peace?

2. No matter how fractured we feel, what does His peace do?

3. What is the only thing that can steal our peace?

4. When we feel troubled, what's causing it?

5. Why do we need to thank God when we pray?

6. Why can't feelings be trusted?

7. What do wrong choice lead to?

8. What is fear?

9. How does fear have power to make us obey it?

10. How can I stop worrying? (Philippians 4:6)
(The answer to this question will be your memory verse)

MEMORY VERSE

Peace of Mind

1. When did Jesus give us His peace?

The night before He was crucified.

2. No matter how fractured we feel, what does His peace do?

Put us back together again.

3. What is the only thing that can steal our peace?

Our thoughts.

4. When we feel troubled, what's causing it?

Choosing to think about the troubles instead of the promise.

5. Why do we need to thank God when we pray?

Because it's in His hands now and we don't have to think about it.

6. Why can't feelings be trusted?

Because they can lead us away from the truth.

7. What do wrong choices lead to?

Low self-esteem, fear and anxiety.

8. What is fear?

A thief that steals your peace of mind.

9. How does fear have power to make us obey it?

Because we gave away our power to it.

10. How can I stop worrying? (Philippians 4:6)

MEMORY VERSE "Don't fret or be anxious about anything but by prayer and petitions, with thanksgiving, let your wants and needs be made known to God."