



Part 3 - Peace: The Habit That Calms Relationships  
Galatians 5:22-23; Philippians 4:6-8

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*Galatians 5:22-23* “But when the Holy Spirit controls our lives, he will produce this kind of fruit (results) in us: love, joy, **peace** patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. Here there is no conflict with the law.” (NLT)

*Philippians 4:6-8* “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.”

I. MAKE A DECISION THAT WORRY IS AN **ENEMY** YOU CAN AND WILL CONTROL IN YOUR LIFE. (Philippians 4:6)

A. *Philippians 4:6* – Be anxious for **nothing**.

B. We can control the issue of worry in our life if we **choose** to do so.

C. The Bible presents worry as a **learned behavior** . Since it can be learned it can also be **unlearned**.

II. BEGIN **PRAYING** ABOUT EVERYTHING. (Philippians 4:6)

A. *Philippians 4:6* “Be anxious for nothing, but in everything by **prayer** and supplication with thanksgiving let your requests be made known to God.”

B. *Philippians 4:6* “When you pray, tell God every **detail** of your needs.” (Phillips Translation)

“If it is big enough to **worry** about it is big enough to **pray** about.”

C. As you are praying, be **specific** with God.

D. *1 Peter 5:7* “Cast all your anxiety on him because he cares for you.”

*1 Peter 5:7* “Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you.” (LB)

E. According to a life insurance study, people who attend church at least once a week live on the average **5.7** years longer than the general public. Worry destroys your **system** from the inside out.

### III. DEVELOP A **THANKFUL** ATTITUDE. (Philippians 4:6)

A. *Philippians 4:6* “Be anxious for nothing, but in everything by prayer and supplication with **thanksgiving** let your requests be made known to God.”

B. Having a grateful attitude actually increases your **immunities**.

C. Gratitude gets the focus off our problems and puts the focus on the **benefits** in our life. The end result is that our stress level goes down and our **peace of mind** goes up.

D. *1 Thessalonians 5:18* “Give thanks in all circumstances for this is God's will for you in Christ Jesus.”

E. Start thanking God on a regular basis, **for** everything good that comes into your life.

*James 1:17* “Every good thing bestowed and every perfect gift is from above, coming down from the Father of lights...”

F. Start thanking God on a regular basis, **in** every difficult situation that comes into your life.

### IV. START DISCIPLING YOUR MIND ABOUT WHAT YOU ALLOW IT TO **DWELL ON**. (Philippians 4:8)

A. *Psalms 5:3* “In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in **expectation**.”

Faith is trusting in a promise God has made to us. So, we go to Him and wait with expectation on Him to speak to us.



