

# Abundant Peace

## Philippians 4:4-9

**Worry = to be pulled in different directions.**” Our hopes pull us in one direction; our fears pull us the opposite direction; and we are pulled apart! The Old English root from which we get our word “worry” means “to strangle.”

### **Conclusion:Symptoms of stress overload:**

1. Decision-making becomes difficult (both major and minor kinds).
2. Excessive daydreaming or fantasizing about "getting away from it all."
3. Increased use of cigarettes and/or alcohol.
4. Increased use of tranquilizers and "uppers."
5. Thoughts trail off while speaking or writing.
6. Excessive worrying about all things.
7. Sudden outbursts of temper and hostility.
8. Paranoid ideas and mistrust of friends and family.
9. Forgetfulness for appointments, deadlines, dates.
10. Frequent spells of brooding and feeling of inadequacy.
11. Reversals in usual behavior.

## **I) Consistent Praying**

### **A. Asking Involved**

#### **1 Peter 5:7**

7 **Casting** all your care upon him; for he careth for you.

#### **Ps 55:22**

22 **Cast** thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

"Oh, what peace we often forfeit. Oh what needless pains we bear! All because we do not carry, everything to God in prayer."

### **B. Appreciation Included**

1. It Reminds (**What God has done in the past**)
2. It Reaches (**Nothing reaches the heart of God like his children's praise**)

#### **Heb 13:15**

15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

## II) **Controlled Thinking**

### A. Importance of Controlled Thinking

#### 1. It's What we Become

##### **Prov 23:7**

7 For as he thinketh in his heart, so is he:

#### 2. It's Where we Battle

##### **2 Tim 1:7**

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

##### **2 Cor 10:4-5**

4(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

### B. Involvement of Controlled Thinking

##### **Rom 14:19**

19 Let us therefore follow after the things which make for peace, and things wherewith one may edify another.

#### 1. Friends of our Choosing

#### 2. Focus of our Concentration

Dr. Walter Cavert reported a survey on worry that indicated that only 8 percent of the things people worried about were legitimate matters of concern! The other 92 percent were either imaginary, never happened, or involved matters over which the people had no control anyway. Satan is the liar (John 8:44)

*"Most folks are about as happy as they  
make up their minds to be."  
Abraham Lincoln*

## III) **Clean Living**

##### **Prov 28:1**

28:1 The wicked flee when no man pursueth: but the righteous are bold as a lion.

##### **Isa 32:17**

17 And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.

### A. Practice we Exercise

##### **Phil 4:9**

Those things, which ye have both learned, and received, and heard, and seen in me, do:

Do – (prasso) to "practice", i.e. perform repeatedly or habitually

### B. Promise we Enjoy

##### **Phil 4:9**

and the God of peace shall be with you.

# Life Group Questions

1. Do you find any of the symptoms listed in the introduction in your daily life? (Go over them again to remind them)
2. How is it affecting you relationships, or production at work? Sometimes to get a more honest answer ask those around you!!!!!!!!!!
3. Casting means to “LET GO”, when was the last time you prayed about what you were anxious about and let God completely have it? When you were able to do this what kind of difference did it make?
4. Do you make it a habit to include thanks and praise when you are worried and bringing something to God?
5. Have you come to realize yet that the greatest spiritual battles take place in the mind? If you have what are you doing about it? If nothing then what should you be doing about it?
6. Why do you think who we are around on a regular basis affects the way we think?
7. If only 8% of the things people worry about are legitimate matters of concern, then why do so many Christians struggle with this problem?
8. How will living a Godly life help us in our battle with worry?

## **Ps 119:165**

165 **Great peace** have they which love thy law: and nothing shall offend them.

## **John 14:27**

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.