

TAKE HOME SHEET



Series: He Will Be Our Peace
Message: Peace of Mind
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The following will help you dig deeper into the three key points we looked at regarding experiencing God's peace.

Peace of mind does not require peaceful circumstances.

Paul, who wrote the letter to the Philippians, was regularly harassed, arrested, jailed, beaten and persecuted because of his faith in Christ. The people who received his letter witnessed this when Paul first came and told them about Jesus. Here is what happened:

²² A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. ²³ They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. ²⁴ So the jailer put them into the inner dungeon and clamped their feet in the stocks. ²⁵ Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.

Acts 16:22-25 (NLT)

For the rest of the story, read all of Acts 16.

Peace of mind is available to anyone who has accepted Jesus as their Savior and Lord.

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

John 14:27 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Isaiah 41:10 (NLT)

Peace of mind is a by-product of knowing and trusting God.

Peace of mind isn't automatic – it requires dependence on God in the moment. Followers can choose to worry or be fearful, but that robs us of the potential to experience God's peace. Along with the promise of peace we looked at in the message (Philippians 4:8-9), see also:

May God our Father and the Lord Jesus Christ give you grace and peace.

2 Thessalonians 1:2 (NLT)

And now may God, who gives us his peace, be with you all. Amen.

Romans 15:33 (NLT)