

# Sunday - Living In The Peace of God

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August 15, 2021

## I'm Not Okay, Pt. 2

**John 14:27**, *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

**Matthew 8:23**, *Then he got into the boat and his disciples followed him. 24 Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. 25 The disciples went and woke him, saying, "Lord, save us! We're going to drown!" 26 He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.*

### Common Sources of Anxiety and Worry:

- **P-PROBLEMS**
- **P-PEOPLE**
- **S-SELF**

**Romans 5:1**, *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope.*

**Philippians 4:4**, *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.*

**Matthew 6:25**, *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?... 30 ... you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

### **Defeating Worry and Anxiety:**

- 1. Remember How Much God LOVES YOU**
- 2. Don’t Forget That Worry Is WORTHLESS**
- 3. Grow in Your FAITH**
- 4. Put God First in EVERYTHING**
- 5. Do the Right Thing TODAY**

1 Peter 5:7, *Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith...*