

Finding Peace in Restless World

Philippians 4:4-9 (NLT)

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Philippians 4:9⁹ *Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

1. Don't let worry take over.

Matthew 6:25, 27 (ESV)²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?²⁷ And which of you by being anxious can add a single hour to his span of life?”

Philippians 4:6⁶ *Don't worry about anything;*

2. Replace worry with prayer and tell God everything.

Philippians 4:6⁶ *...instead, pray about everything.*

1 Thessalonians 5:17 (ESV)

¹⁷ pray without ceasing,

Philippians 4:6 *Tell God what you need...*

3. Thank God for what He's done and for what He will do.

Philippians 4:4 (ESV)

⁴ Rejoice in the Lord always; again I will say, rejoice.

Philippians 4:6 ...and thank him for all he has done.

Philippians 4:7 ⁷ *Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

John 14:27 (NLT) ²⁷ "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.