

# THE PATH TO PERSONAL PEACE

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## 3 SOURCES OF TENSION

- When circumstances are: [uncontrollable](#),
- When people are: [unchangeable](#),
- When problems are: [unexplainable](#),  
[we often lose our peace.](#)

[One of the names of God:](#) *Jehovah Shalom* = “*I am the God of Peace*”

“I am leaving you with a gift – peace of mind and heart! And the peace I give isn’t fragile like the peace the world gives. So don’t be troubled or afraid.” John 14:27 (LB) [Peace is a gift.](#)  
[Peace has nothing to do with problem-free living or conflict-free living.](#)

## THE PATH TO PERSONAL PEACE

### 1. ACCEPT [WHAT CANNOT BE CHANGED.](#)

**Paul:** “I have [learned](#) to be [satisfied](#) with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have [learned the secret of being happy](#) at anytime [in everything that happens](#) ... I can do all things through Christ, because He gives me strength.” Phil 4: 11-13 (NCV)

[Book of Job: when God is silent, you need acceptance. "The teacher is always silent when the test is being given.](#)

## THE SERENITY PRAYER

“God grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and the wisdom to know the difference.”

### 2. TRUST [IN GOD'S LOVING CARE.](#)

“You, Lord, give true peace to those who [depend on You](#) because they trust You.” Isa. 26:3 (NCV)

“Trust in the Lord with all your heart, and don’t lean on your own understanding; in all your ways acknowledge Him, and He will direct your paths.” Pr. 3:5-6 (NIV)

“Don’t worry about anything; instead [pray about everything](#); tell God your needs and don’t forget to thank Him for His answers. If you do this, [you will experience God’s peace](#), which is far more wonderful than the human mind can understand.” Phil. 4:6-7 (LB)

### 3. SURRENDER [TO GOD'S LOVING CONTROL](#)

“If a person’s thinking is controlled by his sinful self, then there is death. But if his thinking is [controlled by the Spirit](#), then there is [life and peace](#).” Rom. 8:6 (ICB)

“Those who [love your teaching](#) will find true peace, and nothing will defeat them.” Ps. 119:165 (NCV)

“Since we have been made right in God’s sight by faith, we have [peace with God](#) because of what Jesus Christ our Lord has done for us.” Rom. 5:1 (NLT)

[Evidence of surrendered life: obedience.](#)