

Worn out knees – Living a peaceful life – Most of the world's discussion about peace these days' centers around the absence of wars between nations. The Bible however, focuses on a different kind of peace – a personal peace that is not dependent on what is happening in the world around us: the peace of God from the God of peace.

- I. The PROBLEM: Worry – Lk 10:41 worry takes tomorrow's troubles and makes them today's
- II. The PRESCRIPTION: Prayer – From Newsweek Magazine: "in allegedly rootless, materialistic, self-centered America, there is also a hunger for a personal experience of God that prayer seeks to satisfy"
 - A. Prayer – it speaks to the frame of mind of the one praying – coming to God with reverence and respect.
 - B. Supplication – means to "entreat" – to come before someone who has everything and request the things that you need.
 - C. Request – pray SPECIFICALLY. When you are tempted to worry, we need to tell God specifically why.
 - D. Thanksgiving – This is the attitude that permeates all kinds of communication with God: it is the attitude of gratitude!
- III. The PROGRAM: Right thinking and action. Note what we are to "meditate" on in vs 8
 - A. Whatsoever things are: True, Noble, Just, Pure, Lovely, of Good Report
 - B. "THINK ON THESE"

Note: It is the WORD OF GOD that cancels out the noise our minds collect from living in this world. Scripture lowers the volume on thoughts that compete for our mental and spiritual attention.

- IV. The PROMISE: Peace
 - A. God's protection – vs 7
 - B. God's presence – vs 9
 - C. God's peace – See John 14:27

To Do: Read Romans 8:31-39

- Why is verse 31 a good summary statement for why Christians should not worry?
- What kinds of needs are you tempted to worry about in either the present or the future?

Happy Studying