

## If I Only Had Peace

We live in a world that gives us constant reasons to worry and stress.

<sup>25</sup> *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?* <sup>26</sup> *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?* <sup>27</sup> *Can any one of you by worrying add a single hour to your life?* **Matthew 6:25-27 NIV**

**Peace comes from trust.**

<sup>5</sup> *Trust in the Lord with all your heart; do not depend on your own understanding.* <sup>6</sup> *Seek his will in all you do, and he will show you which path to take.* **Proverbs 3:5-6 NLT**

Choose to trust the promises of God instead of your feelings.

**Peace comes from doing your part.**

*Remember, it is sin to know what you ought to do and then not do it.* **James 4:17 NLT**

*Work willingly at whatever you do, as though you were working for the Lord rather than for people.* **Colossians 3:23 NLT**

Acting as if anything is totally dependent on you will only lead to turmoil.

**Peace comes from trusting God to do the rest.**

<sup>6</sup> *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.* <sup>7</sup> *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.* **Philippians 4:6-7 NLT**

Prayer is an invitation for God to intervene in your circumstances.

*Jesus looked at them and said, "With man this is impossible, but with God all things are possible."* **Matthew 19:26 NIV**

**Peace comes from surrender.**

*My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.* **Galatians 2:20 NLT**

Next Steps

- Choose to trust the promises of God.
- Do the things necessary to bring about peace.
- Surrender my life to Jesus.