

THE PEACE OF GOD

MASTERMIND, PART 4

Pastor Ken Ritz * January 27, 2019 * New Life Vineyard Church

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
Philippians 4:6-9

Your life will always move in the direction of your strongest thoughts.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.”

— Dr. Caroline Leaf, author of *Switch On Your Brain*

Worry is the _____ of distrusting the promises and power of God.

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:5-6 NLT

- **Do what I _____ do.**
- **Give God what I _____ do.**
- **Trust God no matter what.**

For Discussion

What are some of the root causes for worry and stress in your life?

Describe a recent circumstance that really stressed you out. How does Philippians 4:6-9 change the way you'll respond next time?

What are some specific habits you want to form in order to replace worry with trust in God and His truth?