

Three things that steal our peace of mind.

1. When **CIRCUMSTANCES** are uncontrollable.
2. When people are **UNCHANGABLE**.
3. When problems are **UNEXPLAINABLE**.

John 14:27 (NLT) “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 16:33 (NASB) ““These things I have spoken to you, so that in Me you may have peace. In the world you will have tribulation, but take courage; I have overcome the world.”

**First you need to choose to ACCEPT what cannot be CHANGED.**

Philippians 4:11-13 (Phillips) “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 any time in everything. I can do all things through Christ because He gives me strength.”

**One: God doesn’t YOU AN EXPLANATION.**

**Two: If God did explain IT WOULD PROBABLY NOT MAKE SENSE.**

Isaiah 55:9 (Msg) ““For as the sky soars high above earth, so the way I work surpasses the way you work, and the way I think is beyond the way you think.”

**Third: Explanations never SATISFY.**

“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. Living one day at a time; Enjoying one moment at a time; Accepting hardship as the pathway to peace; Taking, as Jesus did, this sinful world as it is not as I would have it. Trusting that You, God, will make all things right if I surrender to Your will; So that I may be reasonably happy in this life, and supremely happy with You forever in the next. Amen.

**Second you need to choose to TRUST in God’s LOVING care.**

Isaiah 26:3 (NCV) “You, Lord, give true peace to those who depend on You because they trust in You.”

Proverbs 3:5-6 (NLT) “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.”

John 9:3 (NASB) ““It was neither that this man sinned, nor his parents; but it was so that the works of God might be displayed in him.”

Philippians 4:6-7 (NLT) “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 wonderful peace which is far more wonderful than the human mind can understand.”

**Third you need to choose to SURRENDER to God’s loving CONTROL.**

Galatians 5:15 (NLT) “The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.”

Romans 8:6 (Phillips) “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.”

Psalms 119:165 (NCV) “Those who love Your teachings will find true peace and nothing will defeat them.”

Romans 5:1 (NLT) 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.”

**Application:**

On a scale of one to ten how would you rate your level of peace?

1 2 3 4 5 6 7 8 9 10

Can you say with Paul, “I have learned to be content”?

What causes you to lose your peace of mind?

- Adverse Circumstances
- People
- Unexplained problems

Evaluate the following statement: I am able to accept those things for which I have no control.

not at all,  somewhat,  most of the time

Do you spend a lot of your time worrying or do you trust the unconditional love of God for you?

On a scale of one to ten how would you rate your absolute surrender to God’s control over your life.

1 2 3 4 5 6 7 8 9 10

What one action can you take this week that will increase your peace with God and with yourself?

Memory Verse: Psalm 119:165 (NCV) “Those who love Your teachings will find true peace and nothing will defeat them.”