



GET YOUR HOPES UP
 Pt 3 – *“How To Turn Your
 Stress Into Peace”*
 November 19th, 2017
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3 SOURCES OF TENSION

WHEN CIRCUMSTANCES ARE _____.

WHEN PEOPLE ARE _____.

WHEN PROBLEMS ARE _____.

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)

HOW TO TURN YOUR STRESS INTO PEACE

1. _____ WHAT CANNOT BE _____.

“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.”

Philippians 4: 11-13 (NCV)

*“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.”

- The Serenity Prayer

2. _____ IN GOD’S LOVING _____.

“You, Lord, give true peace to those who depend on You because they trust You.”

Isaiah 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.”

Proverbs 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.”

Philippians 4:6-7 (LB)

3. _____ TO GOD’S LOVING _____.

“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.”

Romans 8:6 (ICB)

“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.”

Romans 5:1 (NLT)