

The Secret to Lasting Peace

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I. Introduction. Text: Philippians 4.

II. We should seek peace with God, others and within ourselves. (I Peter 3:11)

III. If something greater than us did not sustain our peace than we could not have peace that would keep us when circumstances change. (John 14:27)

A. The world's peace is dependent upon circumstances.

B. Peace binds a person together.

IV. The enemy to lasting peace is anxiety.

A. We become anxious because we look to the past and feel guilt.

B. We become anxious because we feel something we cannot label.

C. We become anxious because we are not ourselves.

V. The peace of God guards what a person feels and thinks even in the most painful circumstances. The peace of God heals.

VI. The key to peace that is sustaining is...

A. Worshipful prayer.

B. Supplication.

C. Giving thanks to God for everything knowing that even tragedy results in dependence upon Him.

VII. Whatever a person can thank God for he can have peace about.

A. It implies gratitude.

B. It implies submission.

Application questions:

1. How can it be said that one should give thanks to God for everything, including tragedy?

2. How have you experienced anxiety in the past? What was the source of that anxiety?

3. What is an area of anxiety that you can try tackling this week? What are some practical and provable steps you can take in this area? Explain.
