

Being At Peace With Yourself

Scripture: Philippians 4:6-8

Introduction

Being at peace with ourselves is as simple as this passage of scripture. For God here gives us the secret to controlling our inner peace.

I. Don't be anxious about anything

Psalm 37:1, 25 NIV Do not fret because of evil men or be anxious over those who do wrong. I was young and now I am old, yet I have never seen the righteous forsaken or their seed begging bread.

- A. Do not fret because of evil men
- B. Trust in the Lord
- C. Commit your way to the Lord
- D. Be still before the Lord
- E. Let God be your defender

II. Commit things to God

Philippians 4:6b NIV ... but in everything, by prayer and petition with thanksgiving, present your requests to God.

- A. By prayer
- B. By petition (Amplified: definite requests)
- C. With thanksgiving

III. Meditate on the proper things

Philippians 4:9 NIV Whatever you have learned or received or heard from me, or seen in me -- put into practice. And the God of peace will be with you.

- A. Whatever is true
- B. Whatever is worthy of reverence and is honorable
- C. Whatever is right
- D. Whatever is pure
- E. Whatever is lovely and loveable
- F. Whatever is admirable, kind and gracious
- G. Whatever is virtuous
- H. Whatever is worthy of praise