

MEASURING MY PEACE
Jon Rychener July 8, 2018

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Philippians 4:12

- #1. It is POSSIBLE to be at peace within.
- #2. We can LEARN how to be at peace within.

PRACTICE#1: REJOICE IN THE LORD

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Philippians 4:4-5

“The secret is the flyer does nothing and the catcher does everything. The flyer has simply to stretch their arms out and wait for the catcher to grab on and pull the flyer to safety.” And they went on to say this, “A flyer must fly, and a catcher must catch, and the flyer must trust with outstretched arms, that his catcher will be there for him.”

PRACTICE #2: PRAY TO THE LORD

Do not be anxious about anything, but in everything, 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

PRACTICE #3: THINK ON THE LORD

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. Philippians 4:8

You will keep in perfect peace, all who trust in you, all whose thoughts are fixed on you. Isaiah 26:3

PRACTICE #4: LIVE FOR THE LORD

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 4:9

The wicked are like the tossing seas, which cannot rest, whose waves cast up mire and mud. There is no peace, says my God, for the wicked. Isaiah 57:20-21