

## **Big Idea: To Experience Peace, You Must Give Up Control**

John 16:33 HCSB

I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.”

Philippians 4:6-7 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

### **How to experience peace:**

#### **Pray about everything**

1 Thessalonians 5:17 NLT

Never stop praying.

#### **Tell God what you need**

Mathew 7:7-11 NLT

“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. “You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him

#### **Thank God for all he has done**

2 Timothy 4:16-18 NIV

At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion's mouth. The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

Philippians 4:8-9 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

**Connection card: I am giving up control to experience peace**