

# FRUIT THAT'S GOOD FOR THE BODY

## PEACE

PHILIPPIANS 4:4-7

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Introduction

Essential Questions:

- ◆ What is Peace?
- ◆ How is it acquired?

I. Peace is NOT based on our *circumstances*

- a. A church in *conflict*
- b. A calling for a *suprnatural* response
  - i. *Joy* is from within
  - ii. *Gentleness* is the Christ-like treatment of others
  - iii. *God* is in your midst

II. Peace is NOT *self-focused*

- a. *Anxiety* is the natural response to crisis
  - i. Perpetuates *fear*
- b. *Prayer* is the supernatural response to crisis
  - i. Produces *hope*
- c. Prayer coupled with thanksgiving is the *antidote* to worry

III. Peace IS *supernatural*

- a. Can only come from *God* and transcends *understanding*
- b. God's protective custody of your *heart*
- c. "Peace is not the absense of conflict, but a *wholeness*, *health* a filling up of the empty places of the *Soul*"