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Peace is a Practice: Three Practices That Change Everything
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Philippians 4:9 (NIV): 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.

Three Limiting Beliefs and Three Liberating Truths About Peace

Limiting Belief #1: Peace is a Goal

Liberating Truth #1: Peace is a Byproduct of My Practices

Limiting Belief #2: Peace is a Place

Liberating Truth #2: Peace is Portable Wherever You Go

Limiting Belief #3: Peace is Circumstantial

Liberating Truth #3: Peace is Connected to the Presence of Christ in Me

Three Things to Put into Practice to Experience Peace

Practice #1: Praise God Always

Philippians 4:4 (NIV): Rejoice in the Lord always. I will say it again: Rejoice!

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Practice #2: Extend Grace to Others

Philippians 4:5 (NIV): Let your gentleness be evident to all. The Lord is near.

They hurt me – Cancel them.
I hurt them – Give me a break.

Philippians 4:5 (NIV): Let your gentleness be evident to all. The Lord is near.

Practice #3: Ask God for Help

Philippians 4:6 (NIV): Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

A. Ask God for Help...Even in the Small Things

B. Ask God for Help...With Gratitude in Your Heart

C. Ask God for Help...And Trust That He Will

1 Peter 5:7 (NIV): Cast all your anxiety on him because he cares for you.

Philippians 4:7 (NIV): And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.