

Breaking Busy: Finding Peace Through Life's Storms

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not fleshly---the weapons of this world. On the contrary, they are mighty through God for the pulling down or demolishing of strongholds. **Casting down imaginations** (human speculations, false arguments) and anything else that sets itself up against the knowledge of God, and **we take captive every thought each day to make it obedient to Christ.**" II Corinthians 10:3-5

I. Introduction

Key Thought: You'll sabotage your Sabbath rest if you don't settle your mind

"Better one handful **with tranquility** than two handfuls **with toil** (Hebrew: trouble, misery, worry) and chasing after the wind." Ecclesiastes 4:6

"**Peace of mind and a relaxed attitude** lengthens a person's life; but **jealousy** rots it away like a cancer." Proverbs 14:30

- ✓ 75%-90% of all doctor's office visits are for stress-related ailments, *Mayo Clinic*
- ✓ Stress destroys and weakens your immune system, *Carnegie Mellon University*
- ✓ Stress increases the risk of all Chronic Diseases, *Penn State University*
- ✓ Stress produces a 27% higher risk of heart attack; it produces the same effect as smoking 5 cigarettes a day.---*Columbia University*

II. The Five Biblical Peace-Releasing Practices

1. Learn to practice and apply the art of _____.

"...For **I have learned how to be content** with whatever I have. I know how to live on almost nothing or with everything. I have learned **the secret of contentment**---of living in every situation---whether it is with a full stomach or empty, with plenty or little." Philippians 4:11

2. We must learn to stop _____ with others. "Let everyone be sure that he is doing his very best, **for then he will have the personal satisfaction of work well done** and won't need to compare himself with someone else." Galatians 6:4 (LB)

Why do people normally fall into this trap?

- ☐ _____
- ☐ _____
- ☐ _____

3. We must stop looking to _____ for _____. "You love Him (Jesus) even though you have never seen Him; though not seeing Him, you trust Him; **and even now—because of that trust---you are happy with the inexpressible joy that comes from heaven itself.** And your **further reward** for trusting Him will be the salvation of your souls." I Peter 1:8, 9

4. We must learn to begin practicing intentional _____.

*"No matter what happens, **always be thankful**, for this is God's will for you who belong to Christ Jesus." I Thessalonians 5:18 (LB)*

"Lord, if You bless me, I'll thank You; but if You don't, I'll be thankful for what I have."— P. Robertson

"How divinely full of glory and pleasure shall that hour be when all the millions of mankind that have been redeemed by the blood of the Lamb of God shall meet together and stand around Him, with every tongue and every heart full of joy and praise! How astonishing will be the glory and the joy of that day when all the saints shall join together in one common song of love, and of everlasting thankfulness to this Redeemer! With that unknown delight, and inexpressible satisfaction, shall all that are saved from the ruins of sin and hell address the Lamb that was slain, and rejoice in His presence!"---Isaac Watts

5. Practice each day giving God your _____.

*"**Give all** your worries and cares to the Lord, for **He cares for you.**" I Peter 5:7 (NLT)*

*"**The more you worry, the more likely you are to have bad dreams**, and the more you talk, the more likely you are to say something foolish." Ecclesiastes 5:3 (TEV)*

*"So I tell you, don't worry about the food or drink you need...or about the clothes you need...Life is more than food, and the body is more than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth much more than the birds. You cannot add even one hour to your life by worrying about it...**These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.**" Matthew 6:25-27; 32 (NCV)*

*"Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for his answers. **If you do this, you will experience God's peace**, which is far more wonderful than the human mind can understand. **His peace will keep your thoughts and your hearts quiet and at rest** as you trust in Christ Jesus." Philippians 4:6, 7 (LB)*

6. Begin to practice Biblical _____.

*"You will keep in perfect peace all who trust in you, **all whose mind and thoughts are fixed on You!**" Isaiah 26:3 (NLT)*

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and **if there is anything praiseworthy—think and meditate on these things.**"*

Philippians 4:8

"If you look at the world you'll be distressed; if you look within you'll be depressed. But if you look at Christ you'll be at rest."---Corrie Ten Boom

"The thankful heart sees the best part of every situation. It sees problems and weaknesses as opportunities, struggles as refining tools, and sinners as saints in progress."---Francis Frangipane

Answer Key:

1. contentment

2. comparing ourselves

Insecurity

Competitiveness

Failing to do their part

3. things or people-----fulfillment

4. thankfulness

5. worries and cares

6. positive thinking