

- A. When is the last time you experienced genuine peace in your soul?
- B. How long did it last?
- C. Why did it end?

D. Philippians 4:4-7, "Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all, for the Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

C. Paul's Historical Context – The Prison Epistles

#### D. 5 Ways to End Your Peace

- 1. Be \_\_\_\_\_
- 2. Be \_\_\_\_\_
- 3. Forget \_\_\_\_\_
- 4. Don't \_\_\_\_\_
- 5. Be \_\_\_\_\_

#### E. 5 Ways to Protect Your Peace

- 1. Rejoice always (be an optimist)
- 2. Be a gentle spirit
- 3. Remember God's presence
- 4. Pray
- 5. Be thankful

D1. pessimistic 2. aggressive 3. God 4. pray 5. ungrateful