



## Bible Study

Wednesday, March 16, 2022

### The Stressless Life

(Based on the book by Vance Pitman)

Stress steals our joy, interrupts our sleep, affects our relationships, and wears us down. We cannot escape the realities and relationships that cause stress, so we must find a way to deal with it. That's the focus of this new Bible Study series.

#### *What Is God's Peace and How Do I Find It?*

##### **I. When it comes to passing the stress test in our lives we have two options:**

1. We can be anxious. *Philippians 4:6a*
2. We can experience God's peace. *Philippians 4:6b*

##### **II. What is Peace?**

1. The sense of divine favor arising from confidence in God and your relationship with Him. *Isaiah 26:3*

##### **III. Why Should We Want Peace?**

1. Peace is a necessary ingredient for the abundant life Jesus promised us. *John 10:10*

##### **IV. How Do I Find God's Peace?**

1. Know God.
  - You cannot know the peace of God until you know the God of peace. *Philippians 4:11-13*
2. Live in constant Fellowship with God.
  - Actively and intentionally live each moment of your life in fellowship with God. *Philippians 4:6b*
3. Be Completely Honest with God.
  - To share with God all of your cares and concerns. *1<sup>st</sup> Peter 5:7*
4. Be Intentional About Thanking God.
  - Give thanks to God in difficult and stressful times. *Philippians 4:6*

Brothers and Sisters, we can live a stressless life when we are filled with the unshakable, indescribable Peace of God!