

SOP: Guarding Your Peace

Definition of peace: (shalom/eirene) a state of wholeness, completeness, and well-being; in relational harmony with God, others, and within.

- It is choosing to protect your mental, emotional and physical being from chaos.
- It is to establish an environment where you are conscious of what you are taking in—as well as—what needs to be eliminated.

Why can I have an expectation of peace?

- **Matthew 6:10**
- **Isaiah 9:6**
- **John 14:27**
- **John 16:33**
- **II Thessalonians 3:16**
- **Romans 5:1 (Peace with God—spiritual peace)**
- **Philippians 4:7 (Peace of God—internal reset/well-being)**
- **Romans 12:18 (Peace with others—relational wholeness)**

Why we Forfeit/Lose our Peace

- **Habitual anxiety:**
- **Circumstantial anxiety:**
- **Reaction vs. Responsive:**
- **Overwhelmed:** (without remedy)
- **When our circumstances do not match our expectations:**
- **Inability to resolve emotional conflict:**
- **When we look for it in activity - or through inactivity**
- **Inaccurate understanding about navigating time:**
- **When we accommodate forboding joy:**
- **When we suffer intrusive thoughts without taking action:**

Begins with a thought/fiery dart (Ephesians 6:16)

Gets us to meditate on his idea—anxiety/worry (Philippians 4:6-9)

Ideas—when they become familiar—are owned as our own

When we act on what we 'hear'—we keep it (James 1:22-25)

Out of abundance of our heart—mouth speaks

