



***Peace of Mind: Serenity Now***  
**January 17, 2016**  
**Lynn Haven United Methodist Church**

**Introduction**

The dictionary defines peace of mind as “the absence of mental stress or anxiety.” Peace of mind is hard to find. That’s why we need to turn to the “God-help” section and see what guidance the Bible can give us. In it, we find these words of the Apostle Paul:

“Because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.” (Philippians 4:7 CEV)

But a few verses later, he goes on to suggest that every believer doesn’t necessarily get it because “peace of mind” is a learned behavior: “I have learned the secret to being content in any and every circumstance...” (Philippians 4:12b NIV)

What’s the “secret” he’s talking about? How did Paul learn to be content and possess serenity in his heart & mind?

**Discussion**

1. Read Matthew 6:31-34. Although God commands us not to worry about tomorrow, why do we tend to worry about tomorrow or live in the past?
2. We experience “serenity now” when we live one day at a time. Discuss Matthew 6:34. What are some ways we can give our attention to what God is doing today instead of focusing on yesterday or tomorrow?
3. As we’re told in Lamentations: “The faithful love of the Lord never ends... His mercies begin afresh each morning (Lamentations 3:22-23 NLT). What does this verse teach us about living one day at a time?
4. We experience “serenity now” when we do our best and let God do the rest. In Matthew 6:31-33, Jesus reminds us that there are many things outside our control but not outside God’s. Describe a time when you felt out of control in your life but knew God was in complete control.
5. We may not be able to control our circumstances, but we can control how we react to them. How can we prepare ourselves to react in accordance to God’s commands when life presents a challenge? Read Matthew 6:33-34a.

**Conclusion**

Serenity now is experienced when we begin to accept the things we cannot change (i.e. leave it in God’s hands), have the courage to change the things we can (i.e. by “seeking” and “living righteously”), and then ask for the wisdom to know the difference (what’s our part and what’s His). Pray for God’s peace to control your thoughts and feelings in all circumstances.