




The Christian Broadcasting Network

# The Path to Peace of Mind

*The LORD gives his people strength.  
The LORD blesses them with peace.*

~Psalm 29:11 NLT




*Don't worry about  
anything; instead, pray  
about everything.*

*Tell God what you need,  
and thank him for all he  
has done. Then you will  
experience God's peace,  
which exceeds anything  
we can understand.*

*His peace will guard your  
hearts and minds as you  
live in Christ Jesus.*

*~Philippians 4:6-7 NLT*





These beloved Scriptures give us the path to peace of mind. As we follow each step on the path, the Holy Spirit will guard us and guide us as we arrive at that place of rest and peace in our hearts. We can achieve this life of peace by living in dependence on God. Often, the Lord will allow problems and trials of faith in order to build us up. Our weakness and needs drive us to God and cause us to seek Him and rely on His strength.

### **Don't Worry!**

When problems come, ask the Holy Spirit to take control of your thoughts. Instead of focusing on the difficulty, focus on your all-powerful Father in heaven. Call out to Jesus for help. He is with you, for you and in you. As you call on Him, your thoughts will follow. Whenever worry comes—call on the Lord. His presence is the beginning of your peace.

### **Pray: Tell God What You Need**

You are the prized and precious child of God Almighty. His desire is to make all things work together for your good. Pour

out your heart to Him and tell Him your need. He won't resent you asking, no matter how great or small the miracle is that you need. His heart and His throne room are always open to you.

## Thank Him for What He Has Done

Here is an important key to answered prayer. Thank God for His answer even before it arrives. God has been at work before the foundation of the world, creating a way of salvation for you. The Bible tells us that before we even call on Him—He is at work on our behalf. Let your eyes of faith thank Him for the solution to your problem and answer to your request. Every time the need arises in your mind—thank Him for His answer. In this way, you are teaching your heart and mind to focus on God instead of your situation. This is the true path to peace.

## Psalm 56: 3-4

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid.

## Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you or forsake you.



### **John 16:33**

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

### **Romans 15:13**

May the God of hope fill you with all joy and peace as you trust Him, so that you may overflow with hope by the power of the Holy Spirit.

### **Psalms 112:7**

They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.

### **Psalms 46:1**

God is our refuge and strength, an ever-present help in trouble.

### **Romans 8:6**

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

### **2 Corinthians 12:19**

But He said to me ... my power is made perfect in weakness.

### **Zephaniah 3:17**

The LORD your God is with you, the Mighty Warrior who saves. He will take

great delight in you; but will rejoice over you with singing.

### **1 Peter 5:7**

Cast all your anxiety on Him because He cares for you.

### **Psalm 34:17-18**

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.

### **Matthew 11:28-29**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.



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