

# Peace of Mind- Peace with God leads to peace of mind.

**Sermon Nores**

**September 14, 2025**

## **Review:**

- ☐ Our relationships matter in how we reflect Christ.
- ☐ The church plays a role in helping us maintain good relationships.
- ☐ We were given some timeless principles to common problems.

Today we are going to take on what seems to be a modern epidemic in our country—Anxiety! Given the events of this past week, having peace of mind might feel elusive for many of us.

**Read *Philippians 4:4-7***

## **Do:**

- ☐ Rejoice always.
- ☐ Model gentleness.
- ☐ Expect Christ to come at any time.
- ☐ Pray about everything.
- ☐ Pray with a grateful spirit.

## **Do not:**

- ☐ Do not be anxious about anything.

*Could these five things we are to do, frustrate, de-escalate, or even eliminate anxiety?*

**Anxiety has become what one could argue is an epidemic in our country.**

- ☐ Nearly 1 in 5 adult are experiencing some level of anxiety that is affecting life for an extended period. *National Health Statistics*
- ☐ However, in 2023 alone that number was increased by 37% over the year before. *American Psychiatric Association*

- In 2024, 32% of teenagers are experiencing extended periods of mild to severe anxiety disorder (38% of teen girls and 26% of teen guys). Compiled by *Compass Health Center*
- In 2023, 24% of the population sought some form of medical treatment for mental health issues. *CDC*

**Disclaimer and Faith matters:**

- It can be a very healthy and wise move to seek help, even medicinal, for mental health.
- The increased statistics of mental health issues become more alarming when you compare them to the statistics of the decrease of faith belief and exposure.
- A sincere faith in God does not necessarily eliminate anxiety challenges, but faith in God absolutely is essential to having positive mental health.
  - People of faith are 24% less likely to struggle with anxiety or depression. *Gallup*
  - *Those who identify as Christian has declined by 16 points since 2007. Currently stands at 62% but the decline has recently slowed as Gen Z and Millenials have showed a marked increase in their pursuit of Jesus since the pandemic. About 7% identify with other faiths. Religious Landscape Study*

***Now that I have your attention, what does scripture say is helpful to a healthy mind.***

**The mind that finds peace and disarms anxiety.**

1. Find joy in every situation. (4)
  - The joy of the Lord provides strength especially when we simply cannot get there. **Nehemiah 8:10**
  - Example of David post his son's death. 2 Samuel 12:19-20
  - Choosing joy regardless of context changes your perspective.
  - Choosing joy regardless of context changes your attitude.

*How does a perspective of joy combat anxiety and promote peace within you?*

2. Choose to respond to people with gentleness. (5)

- Gentleness = forbearing, patient, non- retaliatory
- As one scholar put it this is not a display but an ongoing evidence of your behavior.
- Calvin- We have modeled gentleness *“when we are not easily moved by injuries, when we are not easily annoyed by adversity, but retain a equanimity [calm or composed] of temper.”*
- Various responses to the Charlie Kirk assassination.

*How does a gentle response promote peace versus stirring up anxiety?*

3. Expect Christ to come at anytime.

- “The Lord is near” was a regular charge given to each other within the church. *“Upward expectancy has been replaced by the downward posture of checking the phone.” By the Pastor Gary P.*
- Expectancy of Christ’s return is so helpful to keep us motivated to his way of thinking and behaving.
- Making sure He doesn’t find us joyless or being harsh upon His return.

*How does the expectancy of His return give you hope for the future versus the tendency to be anxious about what might lie ahead?*

4. Pray about everything!

- Inviting God’s help is acknowledging that you cannot go it alone.
- Avoiding the “I’ve got this.”
- It is also a key step in living by faith.

*How much does isolation hinder a person from experiencing peace and make them susceptible to anxiety?*

5. Pray with thanksgiving.

- Control or the lack of it is a big part of what creates anxiety.
- Being thankful in our prayers is acknowledging God’s control regardless of the outcome because “God’s got this.”

How much does “trying to control it” lead to a mental exhaustion verses thanking God for His control leading to peace in our intense situations?

***There is a journey in all of this!***

**The end game:**

1. Experience a peace from God that is difficult and might even be impossible to fully explain.
2. Experiencing God's work in guarding your heart and mind from dark places.
3. As the church models peace with God that leads to a peace of mind the church grows in its impact with other people. People want peace!

*Prayer to invite God into the things or spaces that are causing your anxiety or worry.*

**Benediction:** Wayne's poem (both of us from the floor)