

PERSPECTIVE SHIFT

A Peaceful Life

Pastor Brad Howard - August 17, 2025

ANXIETY - To be distracted, divided, and pulled apart.

PEACE - To be whole, healthy, and held together.

"Worry is the thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained."

-Archbishop Arthur Rosch

SOURCES OF ANXIETY

- *External Strife*

I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life. Rejoice in the Lord always. I will say it again: Rejoice!

[Philippians 4:2-4 NIV](#)

- *Internal Stress*

A heart at peace gives life to the body, but envy rots the bones.

[Proverbs 14:30 NIV](#)

TRUE PEACE - It's not the absence of conflict, but it's the presence of God helping you through whatever you're going through.

YOU RECEIVE GOD'S PEACE BY...

1. BRINGING YOUR WORRIES TO GOD IN PRAYER.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

[Philippians 4:6 NLT](#)

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety."

-George Mueller

2. TRADING YOUR WORRIES FOR WORSHIP.

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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](#)

3. FOCUSING YOUR MIND ON THE PURE AND POSITIVE.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

[Philippians 4:8 NLT](#)

Keep putting into practice all you learned and received from me--everything you heard from me and saw me doing. Then the God of peace will be with you.

[Philippians 4:9 NLT](#)

You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!

[Isaiah 26:3 NLT](#)

This is the way you shall bless the children of Israel. Say to them: "The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace."

[Numbers 6:23-26 NKJV](#)

THE BLESSING OF PEACE

You will be a blessing to your teachers and an example to your friends. You will love the Lord your God with all your heart, all your soul and all your strength. You are becoming stronger in character, wiser in decision making, and more disciplined in life. You are a leader and not a follower. Your life will overflow with the favor and goodness of the Lord. God's grace is upon you to overcome all adversity and conquer every temptation that comes your way. You will defeat fear with faith. You will replace worry with worship. You will go out with joy and be led forth with peace. Your gifts and abilities will be used for the glory of God. You will serve God by serving others. You will be a diligent worker and a wise steward of money. You will honor God in every area of your life. You will be abundantly blessed and exceedingly generous. Now may the Lord of Peace continually grant you peace in all circumstances. May He provide all your needs, heal all your wounds, and fulfill all your dreams in Christ Jesus. Amen.

The LORD gives His people strength. The LORD blesses them with peace.

[Psalm 29:11 NLT](#)