



**YOU ASKED FOR IT – Part 3
How to Handle Stress & Anxiety – Pt. 3**

New Horizon Church 11-26-2023 Pastor John Raymond

Philippians 4:4-6 (NLT), “**Rejoice in the Lord always**. I will say it again: Rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, **the Lord is coming soon**. ⁶**Don’t worry** about anything; instead, **pray about everything**. Tell God **what you need**, and **thank Him** for all He has done.”

Philippians 4:7 (NLT), “**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.”

1. Peace is an _____.

2 Thessalonians 3:16 (NLT), “Now may the **Lord of peace** himself give you **his peace** at all times and in every situation. The Lord be with you all.”

Colossians 3:15 (NIV), “And let the **peace** that comes from **Christ rule in your hearts**. For as members of one body, you are **called to live in peace**. And always be thankful.”

Matthew 5:9 (NIV), “**Blessed** are the **peacemakers**, for they will be called children of God.”

2 Corinthians 13:11 (NLT), “Dear brothers and sisters, I close my letter with these last words: **Be joyful**. Grow to maturity. Encourage each other. Live in **harmony and peace**. Then the **God of love and peace** will be with you.”

2. Peace is from _____.

Romans 5:1 (NIV), “Therefore, since we have been **justified through faith**, we have **peace with God** through our Lord **Jesus Christ**.”

Job 22:21 (NCV), “Obey God and **be at peace with Him**; this is the way to **happiness**.”

Galatians 5:22-23 (ESV), “But the fruit of the spirit is love, **joy, peace**, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.”

Romans 8:6 (NLT), “So letting your sinful nature control your mind leads to death. But **letting the Spirit control your mind** leads to **life and peace**.”

John 14:27 (NLT), “I am leaving you with a gift – **peace of mind and heart**. And the peace I give is a gift **the world cannot give**. So, don’t be troubled or afraid.”

3. Peace is a _____.

Isaiah 26:3 (NLT), “You Lord, will keep in **perfect peace** all who trust in you, and whose **thoughts are fixed** on you!”

John 16:33 (NLT), “I have told you all this so that you may **have peace in me**. Here on earth you will have many trials and sorrows. But take heart, because **I have overcome the world**.”

4. Peace is a _____.

Psalms 119:165 (NLT), “Those who **love your instructions** have great **peace** and do not stumble.”

2 Timothy 1:7 (NLT), “For **God has not given us a spirit of fear** and timidity, but of power, love, and self-discipline.”

1 Corinthians 14:33a (ESV), “For **God is not a God of confusion but of peace**.”

Romans 15:13 (NLT), “I pray that God, the source of hope, will fill you completely with **joy and peace** because you trust in him. Then you will overflow with **confident hope** through the **power of the Holy Spirit**.”

2 Corinthians 13:11 (ESV), “Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, **live in peace**; and **the God of love and peace will be with you**.”
