

PEACE AMIDST PRESSURE

BY JON RICHERT



Financial

Car Trouble

Blocked Goals

Work

Deadlines

PRESSURE

Exams

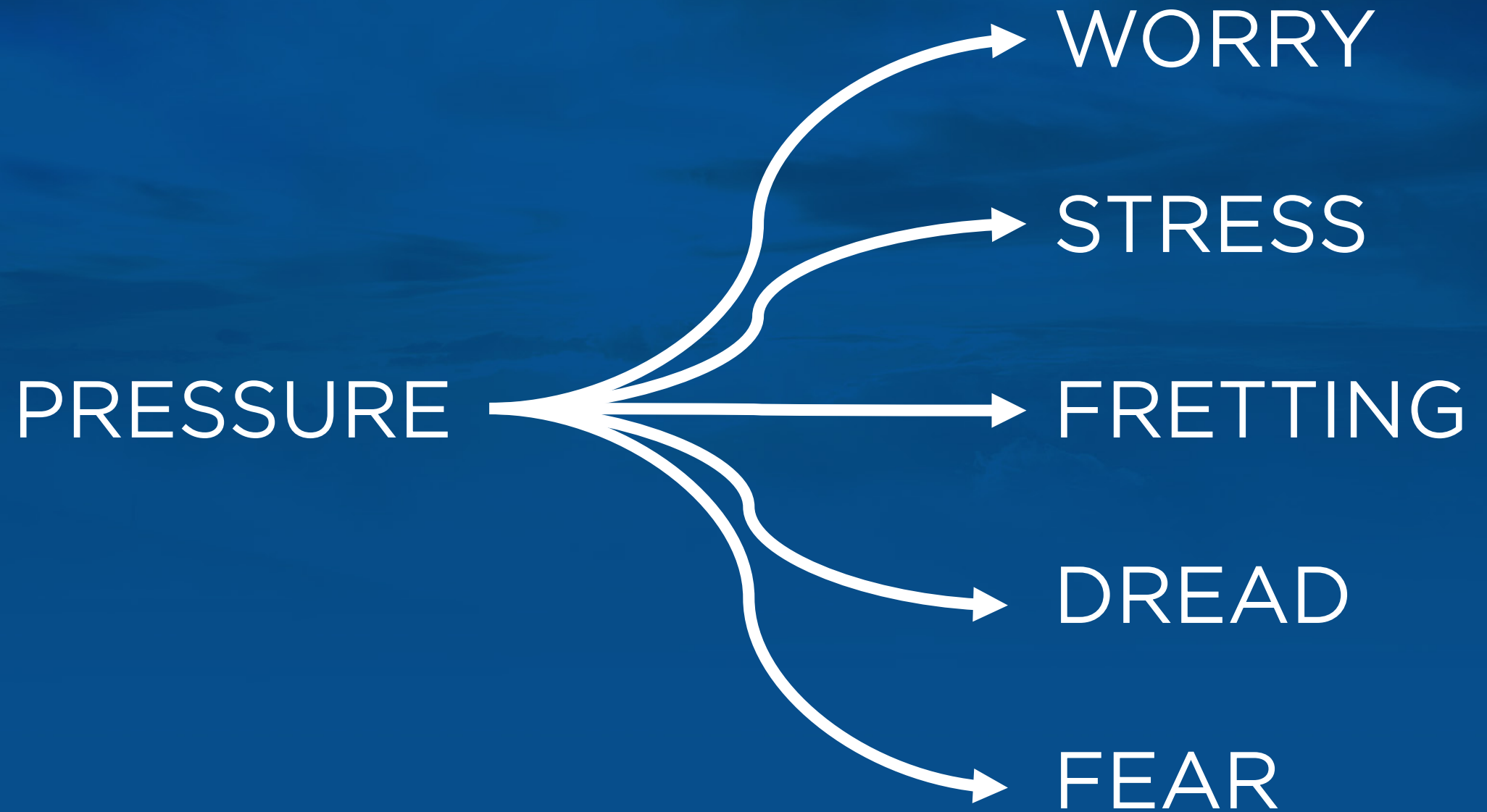
Sickness

Relationships

Other's Expectations

Traffic

...



STRATEGY 1:

Hope for better circumstances

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

John 16:33

English Standard Version



STRATEGY 1:

Hope for better circumstances

STRATEGY 2:

Resign that our circumstances determine our state of life

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10

English Standard Version

STRATEGY 1:

Hope for better circumstances

STRATEGY 2:

Resign that our circumstances determine our state of life

STRATEGY 3:

Try to control our circumstances

Peace comes amidst pressure as we
focus our eyes upon God and rest in Him

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:4-8

English Standard Version

REJOICE IN THE LORD

Rejoice in the Lord **always**; again I will say, **rejoice**. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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English Standard Version

REJOICE IN THE LORD

TAKE EVERYTHING BEFORE GOD IN PRAYER

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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REJOICE IN THE LORD

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ADOPT AN ATTITUDE OF THANKFULNESS

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FOCUS ON THE RIGHT THINGS



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REJOICE IN THE LORD

TAKE EVERYTHING BEFORE GOD IN PRAYER

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FOCUS ON THE RIGHT THINGS

REMEMBER, THE LORD IS AT HAND

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:4-8

English Standard Version

But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:21-23

English Standard Version

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:4-8

English Standard Version

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:34

English Standard Version

REJOICE IN THE LORD

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ADOPT AN ATTITUDE OF THANKFULNESS

FOCUS ON THE RIGHT THINGS

REMEMBER, THE LORD IS AT HAND

BE PRUDENT AND PLAN, DON'T PANIC

Next Steps:

1. Memorize 1 verse that helps us deal with the pressures of life

John 16:33

Phil 4:4-7 / 8

Isaiah 41:10

Matt 6:34

Joshua 1:9

Next Steps:

1. Memorize 1 verse that helps us deal with the pressures of life
2. Every time a pressure comes forward in your life this week, answer it by asking God to help you with it

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1. Memorize 1 verse that helps us deal with the pressures of life
2. Every time a pressure comes forward in your life this week, answer it by asking God to help you with it
3. Every day this week, thank God for being with you