

**Peace cannot be found in  
information or knowledge.**

**Peace is found in a person.**



**Eph 2:14**

**For He Himself is  
our peace**



## **What does that mean?**

**God's peace, Jesus, reconciles us to God. We are no longer condemned because He has paid the price for our sins and shame.**



## **Video:**

**We are reconciled to God. Nothing can change that.**

**"If God wants to save you, nothing can kill you."**



## Video:

We are reconciled to God. Nothing can change that.

“If God wants to save you, nothing can kill you.”

**IF GOD’S PEACE IS WITH YOU, NOTHING CAN CONDEMN YOU!**



## HOW CAN WE HAVE THIS PEACE OF GOD?

Jn 16:33

These things **I** have spoken to you, so that **in Me** you may have **peace**. In the world you have tribulation, but take courage; **I** have overcome the world



pray

## HOW CAN WE HAVE THIS PEACE OF GOD?

**3 things we must do to experience the peace of God**

- 1. Die to self**
- 2. Devote to God**
- 3. Depend on Him**



## HOW CAN WE HAVE THIS PEACE OF GOD?

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**What are these things?**

**Context of Jn 16**

- Provision of HS, Period of Sorrow, Passion of Father & Jesus' impending death**
- Peace**



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## HOW CAN WE HAVE THIS PEACE OF GOD?

3 things we must do to experience the peace of God

1. Die to self = DIE TO WORLDLY STUFF

What are some of the worldly stuff you are carrying?

Specifically, stuff that will affect our peace, ie worldly thinking.



**What comes to your mind if you are the driver?**



# Identify your own ANTS

	ANTS	Yes	No	Sometimes
1	Overgeneralization ie Always, Never			
2	Filtrating ie only the negative			
3	All or nothing			
4	Personalising ie carrying everybody's monkey			
5	Catastrophising ie what if...			
6	Emotional Reasoning			
7	Mind Reading			
8	Fortune Telling ie negative as facts			
9	Should statements ie live by rules			
10	Magnification (-ve)/Minimization (+ve)			

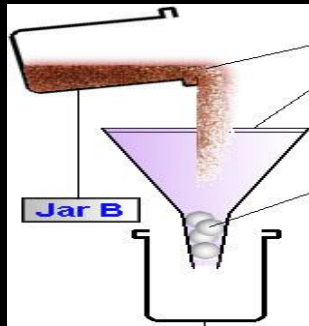
## Automatic Negative Thinking Habits

- **Overgeneralisation:** Coming to a general **conclusion based on a single event** or one piece of evidence. If something bad happens once, you expect it to happen again and again. Such thoughts often include the words eg “always” and “never”.



## Automatic Negative Thinking Habits

- Filtering (Selective Abstraction): Concentrating on the negatives while ignoring the positives. **Ignoring** important information that contradicts your (negative) view of the situation.



Postives and negatives

Funnel

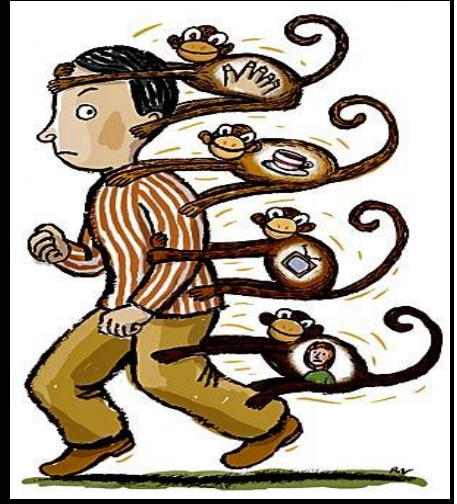
Negatives

## Automatic Negative Thinking Habits

- All or Nothing Thinking (Dichotomous Reasoning): Thinking in black and white terms (e.g., things are either right or wrong, good or bad). A tendency **to view things at the extremes with no middle ground.**

## Automatic Negative Thinking Habits

- **Personalising:** Taking responsibility for something that is not your fault. Thinking that what people say or do is some kind of reaction to you, or is in some way related to you.



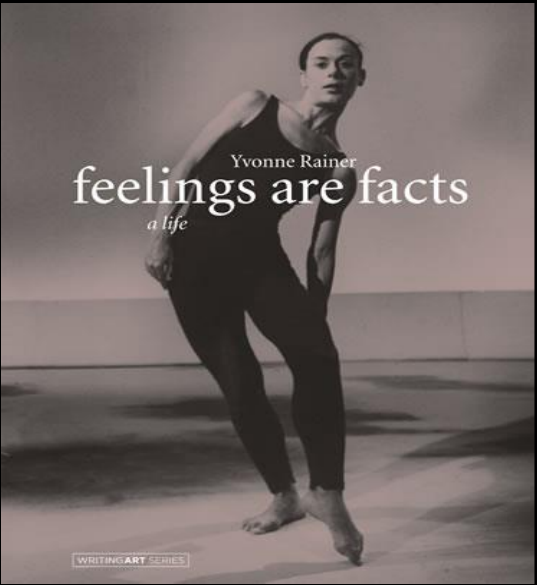
## Automatic Negative Thinking Habits

- **Catastrophizing:** Overestimating the chances of disaster. Expecting something unbearable or intolerable to happen. Such thoughts often begin with "What if...?".



# Automatic Negative Thinking Habits

- **Emotional Reasoning: Mistaking feelings for facts.** Negative things you feel about yourself are held to be true because they feel true.



## Identify your own ANTS

	ANTS	Personal Experiences
1	Overgeneralization ie Always, Never	REFLECT ON A RECENT EXPERIENCE WHEN YOU LOST YOUR PEACE. WHAT WERE YOU THINKING THEN? EG HURT MY BACK = CANNOT PREACH TODAY.
2	Filtrating ie only the negative	
3	All or nothing	
4	Personalising ie carrying everybody's monkey	
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6	Emotional Reasoning	
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## HOW CAN WE HAVE THIS PEACE OF GOD?

3 things we must do to experience the peace of God

1. Die to self (worldly THINKING)

**Scripture challenges us to live by another list of thoughts.**



## HOW CAN WE HAVE THIS PEACE OF GOD?

**Phil 4:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, **practice these things, and the God of peace will be with you.**



**True** – Is this objectively true?

**Honorable** – Does this honor God and reflect His purpose for me?

**Right** – Is this right with God?

**Pure** – Is this pure and holy?

**Lovely** – Is my mind fill with beauty?

**Of good repute** – Is this fit for God's hearing?

**Excellence & worthy of Praise** – Is this motivating me for greater good?



## HOW CAN WE HAVE THIS PEACE OF GOD?

**3 things we must do to experience the peace of God**

- 1. Die to self – put on godly thoughts**
- 2. Devote to God**
- 3. Depend on Him**





## HOW CAN WE HAVE THIS PEACE OF GOD?

3 things we must do to experience the peace of God

2. Devote to God

v33 so that **IN ME** you may have peace

Peace = **ONLY in communion** with Him

Mk 3:14 And He appointed twelve, so that they would be **with Him** ....



## HOW CAN WE HAVE THIS PEACE OF GOD?

3 things we must do to experience the peace of God

2. Devote to God

- Spend time with God

“Short devotions are the bane of deep piety. Calmness, grasp, strength, are never the companions of hurry.”

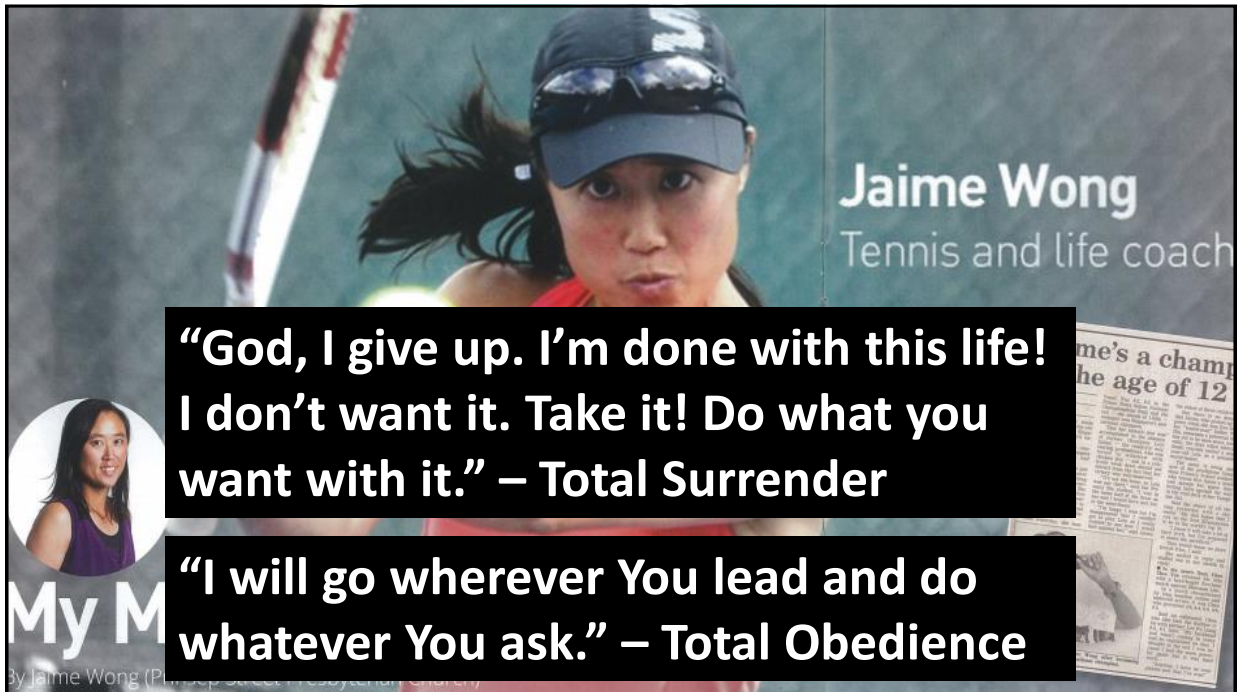
— E.M. Bounds, Power Through Prayer

- Surrender to His Calling

How much do you surrender? How often?







**Jaime Wong**  
Tennis and life coach

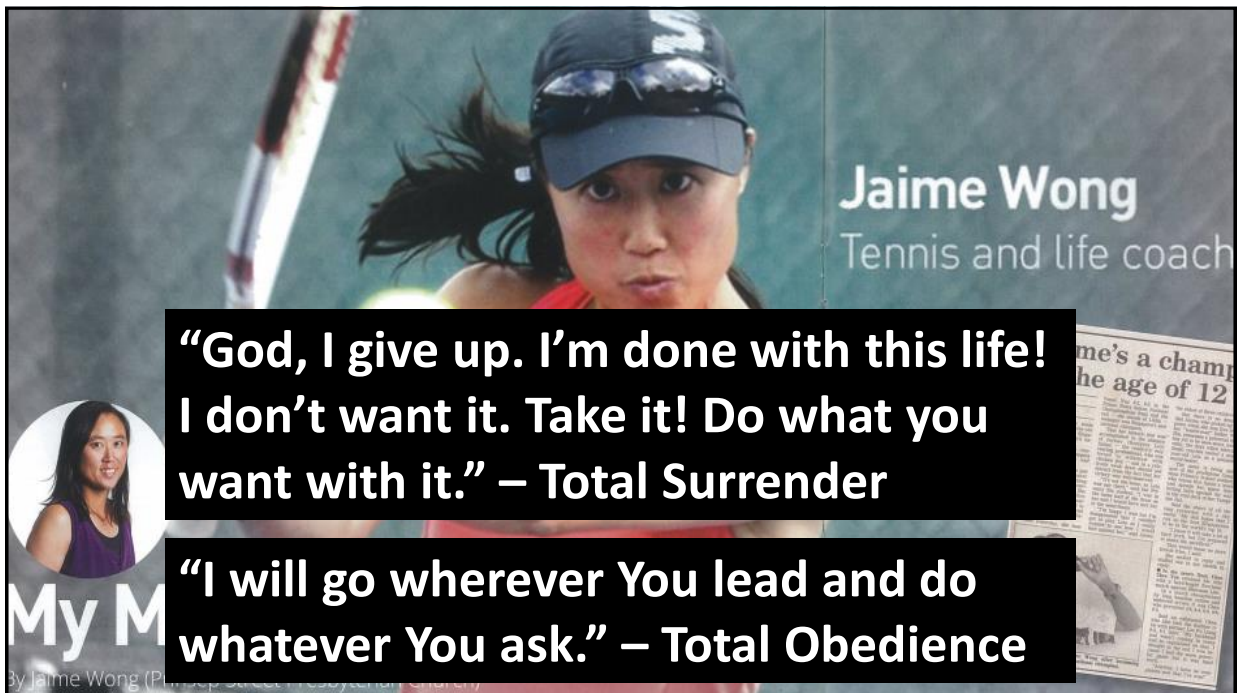
**“God, I give up. I’m done with this life! I don’t want it. Take it! Do what you want with it.” – Total Surrender**

**“I will go wherever You lead and do whatever You ask.” – Total Obedience**

me’s a champ  
he age of 12

My M

By Jaime Wong (P



**Jaime Wong**  
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- 2. Devote to God – spend time with Him  
& surrender to Him**
- 3. Depend on Him**



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2. Devote to God
3. Depend on Him **THROUGH PRAYER**





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3. Depend on Him **THROUGH PRAYER**

“Nothing is well done without prayer for the simple reason that it leaves God out of the account.”

— E.M. Bounds, Weapon of Prayer



## HOW CAN WE HAVE THIS PEACE OF GOD?

“What the Church needs today **is not more** machinery or better, **not new** organizations or more and novel methods, **but men** whom the Holy Ghost can use - **men mighty in prayer**.”

The Holy Ghost **does not flow** through methods, **but through men**. He **does not come** on machinery, but **on men**. He **does not anoint** plans, but men - **men of prayer**.” — E.M. Bounds, Power Through Prayer



## HOW CAN WE HAVE THIS PEACE OF GOD?

3 things we must do to experience the peace of God

1. Die to self – **put on godly thoughts**
2. Devote to God – **spend time with Him & surrender to Him**
3. Depend on Him – **through prayer**

