

GET YOUR  
HOPES



UP

## Part 4: Trading Stress for Peace

Yahweh Shalom = The God of \_\_\_\_\_ PEACE \_\_\_\_\_

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*  
- John 16:33 (NIV)

Big Idea:

What troubles cause you to lose your peace?

\_\_\_\_\_ BURDENS \_\_\_\_\_ you can't \_\_\_\_\_ ENDURE \_\_\_\_\_

*"(Moses said) I can't carry all these people by myself! The load is far too heavy!"*  
- Numbers 11:14 (NLT)

\_\_\_\_\_ CIRCUMSTANCES \_\_\_\_\_ that won't \_\_\_\_\_ END \_\_\_\_\_

*Hope deferred makes the heart sick...*  
- Proverbs 13:12 (NIV)

\_\_\_\_\_ PEOPLE \_\_\_\_\_ you can't \_\_\_\_\_ ESCAPE \_\_\_\_\_

*Jesus said, "You faithless and corrupt people! How long must I be with you? How long must I put up with you?"*  
- Matt 17:17 (NLT)

Common denominator: \_\_\_\_\_ LACK OF CONTROL \_\_\_\_\_

*"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."*  
- John 14:27 (NLT)

\_\_\_\_\_ START \_\_\_\_\_ with God's peace \_\_\_\_\_ PLAN \_\_\_\_\_

*Through Christ, God has brought all things back to himself again... **God made peace** through the blood of Christ's death on the cross.*  
- Colossians 1:20 (NCV)

\_\_\_\_\_ SURRENDER \_\_\_\_\_ control to the \_\_\_\_\_ HOLY SPIRIT \_\_\_\_\_

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

\_\_\_\_\_ SUBSTITUTE \_\_\_\_\_ worry with \_\_\_\_\_ PRAYER \_\_\_\_\_

*Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And **God's peace**, which is so great we cannot understand it, will keep **your hearts and minds** in Christ Jesus.*  
- Philippians 4:6-7 (NCV)

## WHAT'S NEXT?

### My decision today

- I received Christ for the first time
- I recommitted my life to Christ

### Next step

- I would like to be baptized
- I would like to join Starting Point
- I would like to join a LifeGroup
- I would like to talk to a pastor

### Get involved

- I want to help in setup ministry
- I want to help in kid's ministry
- I want to help in tech ministry
- I want to help with break-down

### Prayer Requests / Questions