

## Eight principles to help you overcome worry and experience God's peace:

1. Rejoice in the Lord always! Choose joy, no matter what your feelings are.
2. Be considerate (gentle) in everything you do. Let your sweet reasonableness be your characteristic spirit.
3. Remember that the Lord is at hand. (He may come at any moment; He is at your shoulder) Tennyson wrote of God, "Nearer is he than hands and feet, closer is he than breathing." Take a breath in—He is closer than your breath!
4. Don't worry about anything. Refuse to worry! Just stop it!
5. Pray about everything--big or little, spiritual or ordinary--our Abba God cares about the smallest details of His children's lives.
6. Thank God for all He does. ("In everything give thanks"—I Thess. 5:16-18)
7. Fix your thoughts on things that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise. Remember Satan attacks us through our thoughts! Isa. 26:3,4—"You will keep in perfect peace all who trust in you, whose thoughts are fixed on you. Trust in the Lord always, for the Lord God is the eternal Rock.")
8. Put into practice all the things God has taught you.

Result: We will experience God's peace, which is more wonderful than the mind can understand, and this peace will guard our hearts and minds as we live in Christ Jesus.

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