

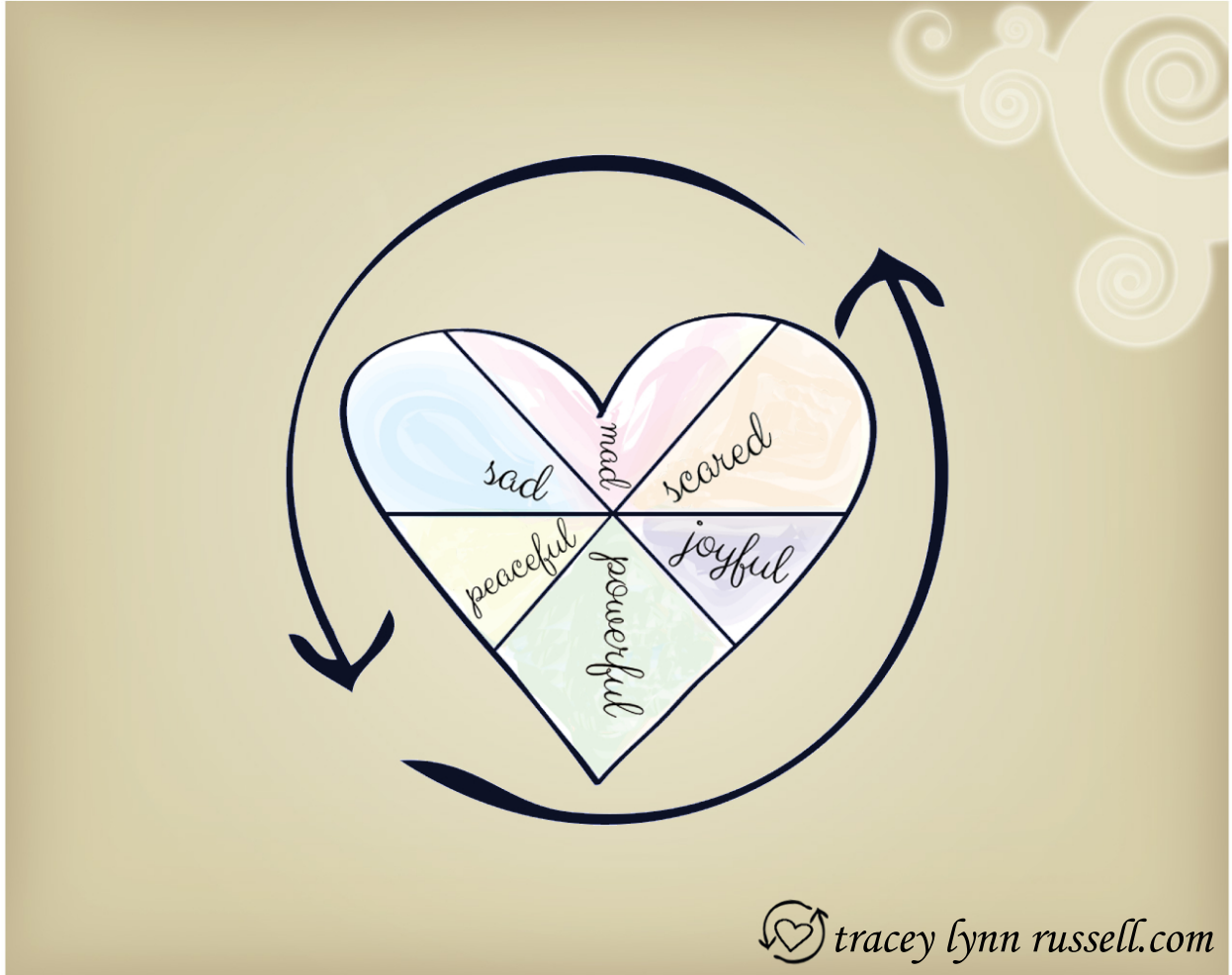
*Philippians 4:6-9*

*Do not be anxious about anything,  
but in every situation,*

*by prayer and petition,  
with thanksgiving,  
present your requests to God.*

*7 And the peace of God,  
which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus.*

# How to find Peace



## How to find Peace

*Confused*  
*Fearful*  
*Anxious*  
*Insecure*  
*Overwhelmed*  
*Discouraged*  
*Embarrassed*  
*Helpless*

*Physical signs:*

*-racing heart or thoughts*  
*-nervous*  
*-panic attack*  
*-tense*  
*-immobilized*  
*-shaking*  
*-wide eyes*  
*-rapid breathing*

*Thoughtful*  
*Peaceful*  
*Content*  
*Trusting*  
*Relaxed*  
*Serene*  
*Secure*  
*Nurturing*

*Definition of peace:*

*-a state of tranquility or quiet*  
*-freedom from disquieting or emotions*  
*-harmony in personal relationships*