

## Peace

### Description

[RG101210](#)

Colossians 3:1-17

It is almost impossible to overstate the incredible power of our thoughts. Proverbs 23:7 asserts, “For as he thinks in his heart, so is he” (NKJV). Jesus teaches, “For out of the overflow of the heart the mouth speaks” (Matt. 12:34). Paul, in Philippians 4:8-9, urges us to think about the true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.

Unfortunately, most of us do not think on levels that bring peace. Rather, we tend to think on the level that brings anxiety. We complain about the things that are not right. We wallow in selfish frustration over situations that do not please. We fuss over circumstances beyond our control.

When we set our hearts and our minds on the things above, the peace of Christ floods our lives; and we are free to love, rejoice, serve, and be grateful every day.

### Date Created

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