

## THE MISSING PEACE, PART 1

## Peace for My Head

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HOW CAN I EXPERIENCE PEACE  
IN THE MIDST OF CHAOS?

"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)

- **Peace is an ordered and blessed life coming from a rested internal state.**
- **The battle for peace is won on the \_\_\_\_\_.**
- **There is no \_\_\_\_\_ solution for internal chaos.**

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philipians 4:4–6 (NIV)

"I have no one else like Timothy, who genuinely cares about your welfare. All the others care only for themselves and not for what matters to Jesus Christ." Philipians 2:20–21 (NLT)

"So God has put the body together such that extra honor and care are given to those parts that have less dignity. This makes for harmony among the members, so that all the members care for each other." 1 Corinthians 12:24–25 (NLT)

## Anxiety vs Concern:

- **Anxiety is continual.      Concern is situational.**
- **Anxiety is vague.        Concern is specific.**
- **Anxiety reacts.          Concern responds.**
- **Anxiety obsesses.        Concern moves.**

## CHOOSING PEACE FOR MY HEAD

1. I will \_\_\_\_\_ to God about my problems.

2. I will \_\_\_\_\_ God for his help.

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you." Philipians 4:7–9 (NIV)

3. I will \_\_\_\_\_ my mind to camp in truth.

## Anxiety vs Concern:

- **Anxiety absorbs other's responsibilities.**
- **Concern fulfills my responsibility.**

"Saturday evening, when the Sabbath ended, Mary Magdalene, Mary the mother of James, and Salome went out and purchased burial spices so they could anoint Jesus' body. Very early on Sunday morning, just at sunrise, they went to the tomb. On the way they were asking each other, 'Who will roll away the stone for us from the entrance to the tomb?' But as they arrived, they looked up and saw that the stone, which was very large, had already been rolled aside." Mark 16:1–4 (NLT)

## 缺欠的平安 (一) 思想的平安

胡安迪牧師

2022 年 12 月 10-11 日

### 我如何在人生的混亂中體驗平安？

「我要留給你們一份禮物，那就是心靈的平安。我賜給你們的平安，是這個世界無法給予的。因此你們不必憂慮，也不要害怕。」 約翰福音 14:27 (新普及譯本)

- 「平安」是一個有序和蒙福的生命，來自平靜安穩的內心
- 平安的爭戰是在\_\_\_\_\_贏得的
- 內在的混亂，沒法從\_\_\_\_\_解決

「你們要靠主常常喜樂！我再說，你們要喜樂！當叫眾人知道你們謙讓的心。主已經近了。應當一無掛慮，只要凡事藉着禱告、祈求和感謝，將你們所要的告訴神。」 腓立比書 4:4-6 (和合本)

「在我這裏的人，沒有誰能像提摩太那樣真誠地關心你們。其他人只是關心自己，並不關心耶穌基督的事。」 腓立比書 2:20-21 (新普及譯本)

「上帝也是這樣把我們的身體配搭在一起，讓那些不夠體面的肢體得到格外的尊重和照顧，使各肢體之間和諧融洽，好讓所有肢體得以互相關照。」 哥林多前書 12:24-25 (新普及譯本)

### 焦慮與關注的分別：

- 焦慮是持續的，關注是處境性的
- 焦慮是模糊的，關注是具體的
- 焦慮做出反應，關注做出回應
- 焦慮糾纏不休，關注付諸行動

### 選擇思想的平安

1. 我會與上帝\_\_\_\_\_我的問題

2. 我要\_\_\_\_\_上帝的幫助

「神所賜出人意外的平安，必在基督耶穌裏，保守你們的心懷意念。弟兄們，我還有未盡的話：凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有甚麼德行，若有甚麼稱讚，這些事你們都要思念。你們在我身上所學習的，所領受的，所聽見的，所看見的，這些事你們都要去行，賜平安的神就必與你們同在。」 腓立比書 4:7-9 (和合本)

3. 我要\_\_\_\_\_思想，在真理中安營

### 焦慮與關注的分別：

- 焦慮是吸收其他人的責任
- 關注是履行我的責任

「星期六傍晚，安息日結束了，抹大拉的馬利亞、雅各的母親馬利亞和撒羅米出去買了殯葬用的香料，好膏抹耶穌的遺體。星期日清晨，太陽剛升起來，她們就到墳墓去了。路上她們還彼此問：『誰能幫我們挪開墓口那塊大石頭呢？』可是當她們到了以後，抬頭一看，發現那塊巨石已經滾到了一旁。」

馬可福音 16:1-4 (新普及譯本)