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## The #1 Sure-fire Cure For Killer Stress

*(How to get through life in one peace)*

(SERIES: **Finding My Motivation: 03 of 06**)  
by Dr. David Foster

“Turn from evil and do good; **seek peace and pursue it.**”  
(Psalm 34:14 NIV)

“But the fruit of the Spirit is **peace** . . .” (Gal 5:22)

“**Let the peace of Christ rule in your hearts**, since as members of  
one body you were called to peace. And be thankful.”  
(Colossians 3:9-15 NIV)

“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 everything, by prayer and petition, with thanksgiving,  
present your requests to God. **And the peace of God, which  
transcends all understanding**, will guard your hearts and your minds  
in Christ Jesus.” (Philippians 4:4-7 NIV)

### The Trinity Of True Prosperity

**Love is your soul's security.**

"Love never fails." (1 Cor 13:8)

"Many are the woes of the wicked, but the LORD's unfailing love  
surrounds the man who trusts in him." (Psalm 32:10 NIV)

**Joy is your soul's strength.**

"We are praying, too, that you will be filled with his mighty, glorious  
strength so that you can keep going no matter what happens--always  
full of the joy of the Lord," (Col 1:11)

**Peace is your soul's stress-reliever.**

### The 3 Most Self-defeating Mindsets

The F.U.D. affect results in **stagnation**.

“. . . a double-minded man, unstable in all he does." (James 1:8 NIV)

The F.O.P threat results in **intimidation**.

"Fear of man will prove to be **a snare**, but whoever trusts in the LORD is  
kept safe." (Prov 29:25)

"So we say with **confidence**, "***The Lord is my helper***, I will not be  
afraid. What can man do to me?" (Heb 13:6)

The F.O.F. response results in **isolation**..

### Stress Is Displaced By Peace . . .

**When I remember my past is forgiven.**

"For God was in Christ, restoring the world to himself, no longer counting  
men's sins against them but blotting them out. This is the wonderful  
message he has given us to tell others. We are Christ's ambassadors.  
God is using us to speak to you: we beg you, as though Christ himself  
were here pleading with you, receive the love he offers you--be  
reconciled to God." (2 Cor 5:19-20)

**When I remember my present makes sense.**

"Peace I leave with you; my peace I give you. I do not give to you as the  
world gives. Do not let your hearts be troubled and do not be  
afraid." (John 14:27)

**When I remember my future is secure.**

"Let not your heart be troubled. You are trusting God, now trust in me.  
There are many homes up there where my Father lives, and I am going  
to prepare them for your coming. When everything is ready, then I will  
come and get you, so that you can always be with me where I am. If this  
weren't so, I would tell you plainly." (John 14:1-3)