



# GROWING SPIRITUALLY

Lesson 8: Peaceful Living

# Last week's lesson: "Joy"

- ❖ Joy is not the same thing as happiness.
  - ❖ Joy is an attitude; it is a choice; it is not dependent on circumstance.
- ❖ You can choose, regardless of the circumstances, to be joyful.
- ❖ We rejoice even in tough times because we have hope! Rom 5:1-2
- ❖ Problems are there by design to increase hope. Rom 5:3-5
- ❖ When you experience trials, the correct attitude is Joy! James 1:2-4
- ❖ We can be joyful in any circumstance because God is with us. Isa 43:1-2

# Today's Lesson:

- ❖ Today's lesson is titled "Peaceful Living".
- ❖ The keys to peaceful living are:
  - ❖ Obey God's principles - Ps 119:165-168
  - ❖ Accept His pardon - Mic 7:18-19
  - ❖ Focus on His presence - Ps 46:1 & 10-11
  - ❖ Trust God's purpose - Prov 3:5-6
  - ❖ Ask for God's Peace - Phil 4:4-7

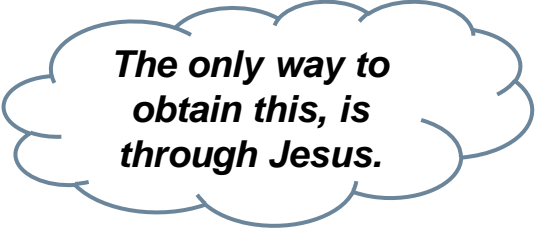
# Stress is a fact of life

- ❖ How familiar are you with stress? Can you fill in the blanks:
    - ❖ I am ready to throw in the \_\_\_\_\_ .
    - ❖ I am at the end of my \_\_\_\_\_ .
    - ❖ I am just a bundle of \_\_\_\_\_ .
    - ❖ My life is falling \_\_\_\_\_ .
    - ❖ I am at my wits' \_\_\_\_\_ .
- towel  
rope  
nerves  
apart  
end
- ❖ Stress is an unfortunate fact of life in the modern world.
  - ❖ The Bible tells us a lot about stress and its antidote – peace of mind.
  - ❖ Prov 14:30 “A heart at peace gives life to the body...”

# We need 3 kinds of peace:

## ❖ Spiritual peace

- ❖ This is peace with God.
- ❖ Rom 5:1 "...we have peace with God".



*The only way to obtain this, is through Jesus.*

## ❖ Emotional peace

- ❖ This is the peace of God. An internal sense of well being and order.
- ❖ Col 3:15 "...let the peace of Christ rule in your hearts".

## ❖ Relational peace

- ❖ This is peace with other people.
- ❖ Rom 12:18 "...live at peace with everyone".



❖ What kind of peace (spiritual, emotional or relational) are you lacking the most right now and why?

# God promised us peace



- ❖ John 14:27 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. NIV
  - ❖ Jesus says that his peace is a gift.
  - ❖ His peace is different from what the world gives.
  - ❖ God's peace is not related to circumstances.
  - ❖ It allows us to be tranquil in the midst of trouble.
  - ❖ It is life's troubles and our fears that create stress.

# Question:

## ❖ What is robbing us of peace today?

- ❖ Guilt
- ❖ Sin
- ❖ Worry
- ❖ Job change
- ❖ No job
- ❖ Finances
- ❖ Surgery
- ❖ A relationship
- ❖ Change
- ❖ Poor health
- ❖ Fear
- ❖ Loneliness
- ❖ Death
- ❖ Responsibility

# Ps 119:165-168



- ❖ 165 Great peace have they who love your law, and nothing can make them stumble. 166 I wait for your salvation, O LORD, and I follow your commands. 167 I obey your statutes, for I love them greatly. 168 I obey your precepts and your statutes, for all my ways are known to you. NIV

# #1 Obey God's Principles

- ❖ If we want peace, we must obey God's principles.
- ❖ vs 165 - The word "peace" is the Hebrew word "shalom".
- ❖ This passage tells us that God's word contains sufficient knowledge and wisdom to prevent us from stumbling.
- ❖ God's Word says that peace:
  - ❖ Comes when we live in harmony with God;
  - ❖ And when we do what He tells us to do.
- ❖ God's Word is your "owners manual" for life
  - ❖ It contains principles for health, finance, marriage, relationships, and much more.
  - ❖ When you follow the owners manual, your life will run more smoothly.

# Mic 7:18-19



- ❖ 18 Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. 19 You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. NIV

## #2 Accept God's Pardon

- ❖ We must accept God's pardon.
  - ❖ Guilt destroys peace of mind.
  - ❖ The only way to have peace of mind is to have a clear conscience, and only God can give that.
- ❖ God is not only willing to forgive, it delights him to show mercy (vs 18).
- ❖ We are instructed to “confess our sins”.
  - ❖ 1 John 1:8-9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. NIV

# Ps 46:1 & 10-11



❖ 1 God is our refuge and strength, an ever-present help in trouble... 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." 11 The LORD Almighty is with us; the God of Jacob is our fortress. NIV

- ❖ God is our refuge & strength (vs 1).
- ❖ No matter how overwhelming the situation is, remember that God is present.
- ❖ "Be still" literally means to ease up; let go (vs 10).

# #3 Focus on God's Presence

- ❖ If we want peace, we must focus on God's presence (vs 10).
- ❖ God is always with us (vs 11).
  - ❖ PS 46:1 & 11; Isa 43:1-2
- ❖ We control our mind, so we choose what we focus on.
  - ❖ We can focus on our problems, or God.
  - ❖ We can focus on the world, or God.
- ❖ Isa 26:3 You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. NKJV
- ❖ We are instructed to “fix our eyes on Jesus” (Heb 12:2)
- ❖ The more we stay focused on Christ, the more we have peace.

# Prov 3:5-6



- ❖ 5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways acknowledge him, and he will make your paths straight. NIV
- ❖ Trust God's purpose even when things do not make sense!
- ❖ There are 4 verbs in this passage: trust; lean (not); acknowledge; and make.
- ❖ The first 3 are commands; the fourth is a promise that God will direct us.

# #4 Trust God's Purpose

- ❖ Many things in life are out of our control, yet these circumstances produce stress in our lives.
- ❖ This Proverb is telling us to “trust” God rather than our own understanding.
  - ❖ I do not have to understand why or how things happen.
  - ❖ All I have to do is trust in Him in order to experience His peace.
- ❖ Second, we need to “acknowledge” that it is God that is in control, not us.
- ❖ When we do this, God will direct your life.

# Phil 4:4-7



- ❖ 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, 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.  
NIV

# #5 Ask for God's Peace

- ❖ Don't be anxious...pray!
- ❖ If we want God's peace, we need to pray what is on our heart (vs 6).
- ❖ This is a command with a promise (vs 7).
- ❖ If we pray our requests, then God will give us his peace.
- ❖ 1 Peter 5:7 Cast all your anxiety on him because he cares for you. NIV
  - ❖ God already knows everything about you.
  - ❖ Give him what ever causes you anxiety, stress or trouble.

# Question:



- ❖ So...what are you going to do the next time you feel “stressed” or the next time you are troubled?

# Summary:

John 14:1  
"Do not let  
your  
hearts be  
troubled.  
Trust in  
God; trust  
also in  
me."

- ❖ **Keys to peace:**
  - ❖ Obey God's principles
  - ❖ Accept God's pardon
  - ❖ Focus on God's presence
  - ❖ Trust God's purpose
  - ❖ Ask for God's peace
- ❖ **You will not experience true and lasting peace until Christ is in charge of your life.**
- ❖ **Peace is not a trouble free life.**
- ❖ **It is a sense of calmness in the midst of life's storms**



Memory verse: John 14:27

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.