

The Bible Plan for Personal Peace

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- God promises peace to His children, even in this tumultuous, fallen world; however, it is something that we must consciously pursue
 - Prov. 3:1-2 - “My son, do not forget my law, But let your heart keep my commands; 2 For length of days and long life And peace they will add to you.”

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- Psalm 4:6-8 - “There are many who say, Who will show us any good? LORD, lift up the light of Your countenance upon us. 7 You have put gladness in my heart, More than in the season that their grain and wine increased. 8 I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.”

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- Psalm 37:11, 37 - “But the meek shall inherit the earth, And shall delight themselves in the abundance of peace... 37 Mark the blameless man, and observe the upright; For the future of that man is peace.”
- Isa. 26:3 - “You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.”
- John 16:33 - “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

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- “The punishment of every disordered mind is its own disorder.” (Augustine of Hippo, Confessions)
- “For most men the world is centered in self, which is misery: to have one's world centered in God is peace.” (Donald Hankey)
- “No one has ever achieved peace of mind by examining and changing the world. True peace of mind can only be achieved by examining and changing oneself.” (Joseph Rain)

Things Persons At Peace Refuse To Believe

- “Life is fair.”
- Job 1:20-22 - “Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped. 21 And he said: Naked I came from my mother's womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD.”

Things Persons At Peace Refuse To Believe

- “Suffering is bad.”
- James 1:2-4 - “My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.”

Things Persons At Peace Refuse To Believe

- “I’m in control of everything in my life.”
- Phil. 1:12-14 - “But I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel, 13 so that it has become evident to the whole palace guard, and to all the rest, that my chains are in Christ; 14 and most of the brethren in the Lord, having become confident by my chains, are much more bold to speak the word without fear.”

Things Persons At Peace Refuse To Believe

- “People are obligated to love me the way I want to be loved.”
- Mark 12:42-44 - “Then one poor widow came and threw in two mites, which make a quadrans. 43 So He called His disciples to Himself and said to them, Assuredly, I say to you that this poor widow has put in more than all those who have given to the treasury; 44 for they all put in out of their abundance, but she out of her poverty put in all that she had, her whole livelihood.”

Things Persons At Peace Refuse To Believe

- “Everyone hates me.”
- 1Kings 19:14, 18 - “And he said, I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life... 18 Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”
- 2Tim. 4:16-17 - “At my first defense no one stood with me, but all forsook me. May it not be charged against them. 17 But the Lord stood with me and strengthened me, so that the message might be preached fully through me, and that all the Gentiles might hear. And I was delivered out of the mouth of the lion.”

Things Persons At Peace Refuse To Believe

- “I can’t.”
- Num. 13:30-32 - “Then Caleb quieted the people before Moses, and said, Let us go up at once and take possession, for we are well able to overcome it. 31 But the men who had gone up with him said, We are not able to go up against the people, for they are stronger than we. 32 And they gave the children of Israel a bad report of the land which they had spied out, saying, The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature.”

Things Persons At Peace Refuse To Believe

- “I have something to prove.”
- Acts 24:16 - “This being so, I myself always strive to have a conscience without offense toward God and men.”

Things Persons At Peace Refuse To Believe

- “It doesn’t matter.”
- Prov. 29:25 - “The fear of man brings a snare,
But whoever trusts in the LORD shall be safe.”

Things Persons At Peace Refuse To Believe

- “My life would be at peace, if only I were [fill in the blank].”
- Phil. 4:11-12 - “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”
- 2Cor. 12:8-9 - “Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

Things Persons At Peace Refuse To Believe

- “I’m too old.”
- Joshua 14:10-12 - “And now, behold, the LORD has kept me alive, as He said, these forty-five years, ever since the LORD spoke this word to Moses while Israel wandered in the wilderness; and now, here I am this day, eighty-five years old. 11 As yet I am as strong this day as on the day that Moses sent me; just as my strength was then, so now is my strength for war, both for going out and for coming in. 12 Now therefore, give me this mountain of which the LORD spoke in that day; for you heard in that day how the Anakim were there, and that the cities were great and fortified. It may be that the LORD will be with me, and I shall be able to drive them out as the LORD said.”

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Things People At Peace Do Differently Than Others

- Express gratitude often.
- 1Thes. 5:16-18 - “Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you”

Things People At Peace Do Differently Than Others

- Deliberately choose to cultivate optimism.
- Psalm 43:4-5 - “Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God. 5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

Things People At Peace Do Differently Than Others

- Avoid over-thinking and social comparison.
- 2Cor. 10:12 - “For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”

Things People At Peace Do Differently Than Others

- Practice acts of kindness.
- Prov. 19:22 - “What is desired in a man is kindness...”
- Col. 3:12 - “Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering”

Things People At Peace Do Differently Than Others

- Build strong, healthy, lasting friendships.
- Prov. 18:24 - “A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.”
- Prov. 27:9, 17 - “Ointment and perfume delight the heart, And the sweetness of a man's friend gives delight by hearty counsel... 17 As iron sharpens iron, So a man sharpens the countenance of his friend.”

Things People At Peace Do Differently Than Others

- Develop strategies for coping.
- 2Cor. 4:8-9, 14 - “We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; 9 persecuted, but not forsaken; struck down, but not destroyed... 14 knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you.”

Things People At Peace Do Differently Than Others

- Learn to forgive.
- 2Tim. 4:14 - “Alexander the coppersmith did me much harm. May the Lord repay him according to his works.”

Things People At Peace Do Differently Than Others

- Learn to focus.
- Phil. 3:13-14 - “Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.”

Things People At Peace Do Differently Than Others

- Savor life's joys.
- Matt. 14:23 - "And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there."
- Psalm 143:5 - "I remember the days of old; I meditate on all Your works; I muse on the work of Your hands."

Things People At Peace Do Differently Than Others

- Commit to goals.
- Heb. 10:35-39 - “Therefore do not cast away your confidence, which has great reward. 36 For you have need of endurance, so that after you have done the will of God, you may receive the promise: 37 For yet a little while, And He who is coming will come and will not tarry. 38 Now the just shall live by faith; But if anyone draws back, My soul has no pleasure in him. 39 But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.”

Things People At Peace Do Differently Than Others

- Practice spirituality.
- 2Cor. 4:16-18 - “Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”

Things People At Peace Do Differently Than Others

- Take care of the body.
- 1Cor. 6:19-20 - “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.”

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- Phil. 4:6-9 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”