

Bat09 - Peace – The How To – 1Tim 4:7-8

Our 9th Msg – in our IMPROMPTU Series  
On the Spiritual Battle

We are talking about the Spiritual Armor

& we are FOCUSED on God's Supernatural PEACE  
AS – a Crucial Part of the Armor of God . . .

When talking about the Spiritual Armor – Eph 6:15 says

Put ON The SHOES of PEACE – that Come from the Good News  
So that we Can WALK in PEACE . . .

& So That we Can – STAND FIRM against the Attacks of the Enemy  
in this Crucial Area of our Lives

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Guys - Jesus Christ CAME to BE our Peace - Both

Our Peace WITH God - &  
The Supernatural Peace OF God in our Lives

Remember from Last Week - Ephesians 2:14 says (ESV)  
*14 For he himself is our peace . . .*

Jesus Christ is Our Peace WITH God  
& He is The Peace OF God in our Lives

& Last Week – We studied  
WHAT the Peace of God - Looks Like in our lives

& I promised today - we were going to spend  
the Entire Msg time – ON the HOW !!

**HOW** – Can we **LEARN** (notice - Learn)  
To **WALK** in (To **Live** In) - The **Supernatural Peace of God**

**No matter** what is **going** on – in our **LIVES**  
- - **That's our GOAL** today - -

## **Let's Pray**

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Alright – **FIRST** – I **gave** you a **Homework Challenge** Last Week

To **look** up the **Scriptures** on **PEACE**  
On our **Website** or **Ph App** - & **Spend some time** with them

& **IF** you **actually DID** that – Could you **RAISE Your Hand**

**Because** - Just Like **Sunday School** – I promised **CANDY**  
to **anyone** who **actually DID** their **Homework** - (*Ushers*)

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**The Peace of God** – is such a **Critical Part** of the **Spiritual Armor**

**Because** the **Enemy** does **SO MUCH Damage** in our lives  
by **keeping** us **OUT** of **God's Peace**

& So **this Question** of **HOW** do we **WALK** in The **Peace of God**  
Is a **HUGE ISSUE** to me

**Because** I see **SO MUCH Teaching & Resources**  
on the **Peace of God**

And **SO FEW Christians** actually **Experiencing It**

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**Now** - I realize **NONE** of us can **ALWAYS** be **Living** in the **Peace of God** (I certainly can't)

**But** – **SOME** of us have **NEVER** Experienced **ANY** of the **Peace of God**

& **WE ALL** – Need to **Experience** it – **MORE** (maybe Much More)

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So – **There** are **TWO Things** we need to **MAKE CLEAR** (reiterate) **Before** we even **begin** - **the HOW**

**#1)** The **Peace of God** - is **Available ONLY** thru a **Real Experiential Relationship** with **Jesus Christ**

Let me **just explain** that word – “**Experiential**”

**EXPERIENTIAL** means you are **actually EXPERIENCING** a **Real Relationship** with **Jesus Christ**

**Meaning** you have **Real INTERACTION** with Him – **Relationship INTERACTION**

That's **different** than saying you **repeated a prayer** at some point & **so** you're **pretty sure** your going to **heaven**

<p><b><u>So First</u></b> – The <b><u>Peace of God</u></b> - is <b><u>Available ONLY</u></b> thru a <b><u>Real Experiential Relationship</u></b> with <b><u>Jesus Christ</u></b></p>
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**#2)** We Must **RECOGNIZE** that us **LIVING** in the **Peace of God** Is **Fully DEPENDENT** on the **Role** of the **Holy Spirit** in our lives

This is a **HUGE PROBLEM** – Because We have this **Natural Tendency** to **Try SO HARD** to Follow Jesus – **IN our own Strength**

& (as I used to say often) – ***There is Not Enough TRY in you !!***

**You** Couldn't be **Saved** – *in your own strength*

**You** Can't **Live for Jesus** - *in your own strength*

**You** Can't **Experience** the **Peace of God** - *in your own strength*

**Certainly** – One of the **Largest** 'Overall' **Schemes** of the **Devil**

Is to **keep Christians** trying to **Live For Christ**  
***in their OWN Strength***

**Trying** to **Live** the **Christian** Life – in your **OWN Strength**

Is a **guaranteed way** – to become a **NOTCH** on the **ENEMY'S Belt**

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**It** is the **Life of God** in us– **IN** the **person** of the **Holy Spirit**  
that **ENABLES** us to **WALK** in the **Peace of God**

We **cannot** even **begin** to **HOPE** that we will **be able** to  
**Experience** the **Supernatural Peace of God** . . .

**Without first acknowledging** the **Primary** & **Crucial Role**  
of the **Holy Spirit** in this process

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So – **We have** to be **Really CLEAR** - About these **2 Things**

**#1)** The **Peace of God** - is **Available ONLY**  
thru a **Real Experiential Relationship** with **Jesus Christ**

**#2)** **LIVING** in the **Peace of God** Is Fully **DEPENDENT**  
on the **Role** of the **Holy Spirit** in our lives

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So - **I asked** a lot of **Christians** this week – **WHAT IT TAKES**  
to **Really Experience** the **PEACE of GOD** in their lives

& there's **One Word** That **Really SUMS Up** all the **Best Answers**

**That is** - **AFTER** those **Two Prerequisites** – There's **One Word**  
that really **SUMS UP** all the **Best Answers** - to the **Question**

***“What does it take to LIVE in the Peace of God in Your life”***

& that **One Word** is: **DISCIPLINE**

**NOT** in the **NEGATIVE** Sense - of **CHASTISEMENT**  
**But** in the **POSITIVE** Sense - of **“LEARNING”** or **“TRAINING”**

**DISCIPLINE** – is the **ONE WORD** – that can **SUM UP** –  
what it **takes** – to **LIVE** in the **Peace of God** in your Life

**DEFINITION of Discipline: *Training expected to produce a specific character or pattern of behavior.***

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**You See - Walking in the PEACE of GOD Is:**

A Specific **“NEW LIFE” Character Trait**

A Specific **“NEW LIFE” “Pattern of Behavior”**

& **IF you** desire to **WALK** (Live) in the **Supernatural PEACE of GOD**

It is **going to take** some **FOCUSED Spiritual Discipline**

Which is **TRAINING Expected to Produce**

**a Specific “NEW LIFE” Character Trait in you**

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**Turn over to - 1 Timothy 4:7-8 (NLT)**

**7 . . . train (discipline) yourself to be godly (for godliness).**

**8 “Physical training is good, but training for godliness is much better, promising benefits in this life (like the Peace of God) and (benefits) in the life to come.”**

**[REPEAT]**

The word “**Train**” – Can be **translated**  
**“Discipline Yourself to Godliness”** (NASB)

It **means** to **TRAIN Yourself**  
to **Walk** in the **NEW LIFE Character Traits**

The **words “train” & “training”** - are **Gymnazo** & **Gymnasia**  
**from which** we get our word - **GYMNASIUM**

& If you **want to Experience** the **Supernatural PEACE of GOD**  
You’re **gonna have to HIT** the Spiritual **GYM**  
**On a REGULAR Basis**

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**The Word DISCIPLINE – is a bit of a Complicated Word**  
& it has **gotten** even **MORE Complicated** Recently  
**So let me try to be very clear**

<p>When <b><u>We use</u></b> the Phrase “<b><u>Spiritual Disciplines</u></b>” We’re <b><u>referring</u></b> to the <b><u>Exclusively Biblical Ways</u></b> we <b><u>TRAIN</u></b> Ourselves <b><u>TO WALK in the NEW LIFE Jesus Christ has Given Us</u></b></p>
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**[REPEAT]**

The teaching of the **Spiritual Disciplines**  
has **had a RENEWAL** in Recent **Years**

**Unfortunately** - Some have **Gone FAR BEYOND** God's Word  
into **teaching** things that come from **Eastern Mysticism**  
& **New Age Philosophy**

I'm **Obviously NOT** Talking About – **THOSE Extremes**

But – the **TERM** is **CORRECT** – When it is **Used Correctly**

**& when WE use it – we are Referring to**  
**The Exclusively BIBLICAL Ways that we TRAIN Ourselves**  
**To WALK in the NEW LIFE Jesus Christ has Given Us**

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So – **Let me Say again**

**IF** you desire to **WALK** (Live) in the **PEACE of GOD**  
It is **going to take** some **FOCUSED Spiritual Discipline**

Which is **TRAINING Designed to Produce**  
**a Specific “NEW LIFE” Character Trait in you**

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**Rom Ch 6** is a **Great Ch to Study** about Us  
**Positionally OWNING** a **NEW LIFE** in **Jesus Christ**

**Meaning** – God as **“Positionally” Given Us NEW LIFE** in **Christ**

**Romans 6:4-5 (NLT)**

**4 . . . And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.** (the New Life)

**Romans 6:11 (NLT)**

***11 So you also should consider (reckon) yourselves to be dead to the power of sin and alive to God through Christ Jesus.***

**Romans 6:13 (NLT)**

***13 . . . give yourselves completely to God, for you were dead, but now you have new life . . .***

You **HAVE** - **NEW LIFE** In Jesus Christ – **Including** the Ability to **Walk** in the **Supernatural PEACE of GOD**

**The PROBLEM** Is - This **NEW LIFE**  
Is **Completely OPPOSITE** of your **OLD LIFE**

& **You've** Gotten **REALLY GOOD** – At Living Your **OLD LIFE**

And – **Even Tho** The **POWER** to Live this **New Life in Christ**  
Is **Fully & Completely** - **From God** - **THRU the Holy Spirit**

You **Still Must** – **TRAIN Yourself To WALK in it**

**Romans 8:6** says – **its Really** an **Issue** of **MIND-CONTROL !!**

**Romans 8:6 (nlt)** (turn)

***6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.***

We **OWN IT** “**Positionally**” – **But** we have to **RE-TRAIN** our **MIND**  
**To Allow the Spirit to Control it** – **INSTEAD** of the **FLESH**

& We've **Got to FOCUS** that **Re-Training** - **Specifically**  
on the “**NEW LIFE**” **Character Trait** you need to **Develop**



So - **Training** Yourself to **Walk** in **The Peace of God**  
**Requires** Going to the **Spiritual Gym . . .**

& **TRAINING** - **Until** your **Mind THINKS Differently**  
& **Until** You **REACT Differently**

**Until** you **THINK According** to your **NEW LIFE** in **Christ**  
**Instead** of **According** to your **OLD LIFE** in the **Flesh**

**Until** you **REACT According** to your **NEW LIFE** in **Christ**  
**Instead** of **According** to your **OLD LIFE** in the **Flesh**

It is **NOT Enough** – to Learn “**Intellectually**” about the **Peace of God**  
We’ve **got to learn** to **EXPERIENCE** the **Peace of God**

& the **only way** we can learn to **EXPERIENCE** the **Peace of God**  
is to **TRAIN Ourselves** - to **Think & Act - Accrd’g to the NEW LIFE**

& the **NUMBER ONE Reason** Christians are  
**NOT Experiencing** the **PEACE of God**

Is **Because** we are **NOT** “**Disciplining Ourselves**”  
to **LEARN** to **WALK** in the **PEACE of God**

We’re **NOT** “**TRAINING OURSELVES**” to **Produce**  
this “**NEW LIFE**” **Character Trait** in us

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**Really**, the entire “**How To**” **process** – of the **Spiritual Disciplines**  
is **found** in **Rom 12:1-2**

**Turn over to - Romans 12:1 (nlt)**

***1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.***

**ALL Training – Starts - with a BREAKING**

**Whether it's: MILITARY - SPORTS - or SPIRITUAL**

**ALL Training – Starts with a BREAKING  
& Rom 12:1 – is a BREAKING**

**Paul says - *I plead with you to give your bodies to God because of all he has done for you***

**The Word “Bodies” here – it’s referring to your COMPLETE LIFE  
*Give ALL of Your - Self to God***

**Let ALL of Yourself (All of your life)  
*be a living and holy sacrifice – that he will find acceptable*  
**THIS is truly the way to worship him****

**This is FULL SURRENDER to God - (a Complete Breaking)**

**& WITHOUT IT – You will Never be able to Actually LIVE  
(in a practical way) in the NEW LIFE Traits**

**In one Definition of Spiritual Discipline – Jack Hayford said  
*“Spiritual discipline can only be produced by a deliberate yielding to the Holy Spirit’s power”***

**FIRST – We’ve got to have a “Deliberate Yielding”  
To the Holy Spirit’s POWER in our life**

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**& then - Romans 12:2 says (nlt)**

**2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.**

In **order to WALK** in the **Peace of God** . . .

**We've Got to STOP THINKING - Like the World Thinks**  
**& STOP ACTING - Like the World Acts**

**INSTEAD - let God transform you into a new person**  
**by changing the way you think**

**HOW** does God **Transform You?** (by changing the way you think)

**WHAT** will the **Spiritual Disciplines Do For you?**  
They Will - ***change the way you think***

**& When** you **ALLOW God** to ***change the way you think***  
**WHAT** will Happen? (as **Rom 12:2** says)

***you will learn to know God's will for you,***  
***which is good and pleasing and perfect***

**& PART** of **God's Will** for you – **IS** for **you to LIVE**  
in **His Supernatural PEACE** (we established that last Msg)

**& you CAN LEARN** – To be **TRANSFORMED** in this Area  
**By Allowing GOD – to CHANGE the Way you THINK**

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**God** wants to **TRANSFORM YOU** – By **Renewing Your MIND**  
**YOUR PART – Is HITTING The GYM !!**

It's *Training yourself for godliness* – As 1 Tim 4:8 said

**& 2 Peter 3:14 says (NLT)**

***14 . . . make every effort to be found living peaceful lives that are pure and blameless in his sight.***

***Train Yourself - Make Every Effort***

**1 Peter 1:13 (NLT)**

***13 So prepare your minds for action and exercise self-control . . .***

***Train Yourself - Make Every Effort***

***Prepare Your Mind for Action – Exercise Self-Control***

**These are all words of - Disciplining Yourself for Godliness**

**& without This – You Will Always Know About God's Peace  
But you will very Seldom Experience it**

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**& Now - - You still want to ask HOW - Don't you?**

**& I still want to give you the same answer - Let God transform you into a new person by changing the way you think**

**& then you still want say – HOW??**

**HOW do I Let God Transform me – Specifically in the Area of LIVING in His PEACE .**

**If that's Your Question – HERE is your ANSWER**

**FOCUS ALL of Your TRAINING – ALL of your DISCIPLINE**

**on ALLOWING God to CHANGE the Way you Think**

**SPECIFICALLY in the Area of - Living In His PEACE**

I **KNOW** you would **LIKE me** to give you a **SIMPLER Answer**  
& **one** that **doesn't** sound like **SO MUCH WORK**

But **Sylvester Stallone** Didn't **WIN** the Fight – In **ROCKY 13**  
**Without Getting up & Going** to the **GYM** – for **13 years**

& What **I'm saying** to You **is** . . .  
**IF you want** to Learn to **WALK in God's PEACE**

You've got to **GET UP & GO**  
to The **SPIRITUAL GYM** - *Every Morning*

& Start **TRAINING Yourself** to **THINK Differently**  
& **REACT Differently** – to the **Circumstances** Around you

That **might not be** what you **WANTED to Hear**  
**But it is** what you **NEED To Hear**

**& For** those **Morning work-out Sessions** – You'll **need**  
**AT LEAST ONE** "**Personal Trainer**" (Maybe 2 or 3)

**We've** already **made it clear** - you **CANNOT** do this  
without the **Full Power** & **Involvement** of the **HOLY SPIRIT**

**The Holy Spirit** is your **#1 Personal Trainer**

**But** you're **probably ALSO** gonna need  
some type of **Human "Discipler"**

**You're** gonna Need a **DISCIPLER**  
**To** help you be **DISCIPLINED**  
**To** Allow God to **TRANSFORM** you  
**By** Changing the Way that you **THINK**  
**In** the Specific Area of **Walking in God's PEACE**

I **Promise** you – if you will **GRASP** what I'm **saying** here  
It will **RADICALLY TRANSFORM** Your Life

**FAR MORE** than me **delivering** the **Single BEST Sermon**  
you **could** ever **Imagine HEARING**

If I can **GET YOU INTO** the **Spiritual GYM** on a **Regular Basis**  
**You'll Come out Spiritually Strong !!**

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**So Now** you're saying **OK – I'll DO IT !!!**

. . . But . . . **What exactly are you asking me to DO ??**

**I'm asking you** to **HIT the SPIRITUAL GYM – ON a Regular Basis**  
To **TRAIN** Yourself to **WALK** in **The Peace of God**

**I'm asking you** to get a **TRAINING PLAN** – that'll **Keep you Focused**  
on **TRAINING** Yourself to **WALK** in **The Peace of God**

**I'm asking you** to get a **PERSONAL TRAINER** – to **Guide you**  
& **Encourage** you – As you **LEARN** to **WALK** in **The Peace of God**

**I'm asking you - to SHOW UP** for Your Quiet Time with God  
With a **Solid Training Plan** - & a **Good Personal Trainer**

**& if you will do that** – with **Good Guidance** –  
**I PROMISE . . . I PROMISE . . .**

You will **EXPERIENCE** the **Peace of God**  
**AS we Defined it** - last week

**DEFINITION of The Peace of God: An Inner Resting of the Soul that comes from experiencing God's Presence, and does not fluctuate based on circumstances.**

**God** has **Given** us **the POWER** to **DO IT**  
**IN** **Jesus Christ** - & **THRU** the **Holy Spirit**

**ALL** We **have** to do – is **TRAIN OURSELVES** – To **LIVE** in it

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So – **To Close** – **GET A PEN OUT**  
& **Write down** these **Very Practical Suggestions**

**Remember** – You've **GOT** to **Focus** your **Spiritual Training**  
On the **NEW LIFE** Character **Trait** – That **You need to Develop**

& So – **IF it's Living** in **The Peace of God**

Then **EVERYTHING YOU DO**  
in Your **Spiritual Gym Work-Out** Every Morning

**Needs to be focused** on Allowing God to **TRANSFORM YOU**  
**BY RENEWING** Your **MIND** – **IN this Specific Area**

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So – **Here** are Some **Specific Recommendations**  
(write them down) - (Or Rewind)

**1)** If you **Write** at all – **GET A JOURNAL** – to **keep track** of your  
**Spiritual Growth** in this area (& **learn how** to **use** it)

**2)** On the **Church website** ([calvarynuevo.org](http://calvarynuevo.org)) Under **Resources**  
**Download** both **Instructions** & **Blank Daily Devotion Journal**

**LEARN** how we use the **Daily Devotion Journals**

**3) STUDY Our series on this exact subject – The Fundamentals**

**Phone App** (wordbymail)

**Church website** or **wordbymail.com**

**Order** the **CD series** (Free)

**7 Msg's** – Focusing on **FIVE Spiritual Disciplines**

**AND** – We're **working** on a **Final Workbook** for this series

**4) Get a Good RELATIONAL Daily Devotional –**

One that **causes** you to **CONNECT to JESUS**

We recommend **JESUS CALLING** or **DAILY LIGHT**

**5) Read** the Book – **Spiritual Disciplines for The Christian Life**

BY: **Donald Whitney**

**5) Get a DISCIPLER** who will Get you **INTO this Training**

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We have got to let **God TRANSFORM us**

By **changing** the way **WE THINK** - **INTO** the way **HE THINKS**

& Then our **LACK of Peace** – Will be **Transformed**  
into **His Supernatural PEACE**

**Let's Pray**

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