

Peace: Your Ultimate Protection in Uncertain Times

In a world filled with uncertainty, where news headlines can make us feel unsafe and unprotected, there's something more important than what's happening around us - it's what's happening inside us. While we naturally focus on external threats, God wants us to understand that our internal state matters even more.

Jesus himself told us in Matthew 24:6, "You will hear of wars and rumors of wars. See that you are not troubled, for all these things must come to pass." He didn't share this to frighten us but to prepare us and remind us not to be afraid. With His words comes the empowerment to live without fear.

Why Is Your Inner Peace More Important Than External Protection?

The enemy wants to distract and disturb you, moving you from peace into unrest. But here's a profound truth: you are not a body - you are a spirit. What happens inside your spirit matters infinitely more than what happens to your physical body.

Proverbs 4:23 tells us: "Keep your heart with all diligence, for out of it spring the issues of life." The word "diligence" in Hebrew refers to a guard or security guard. We need something guarding our hearts above everything else we protect.

The Amplified Bible emphasizes this: "Guard your heart above all else, for it determines the course of your life." What you allow into your heart determines your life's direction.

What Is the Security Guard for Your Heart?

Philippians 4:6-7 reveals the answer: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

The peace of God is your security guard! This isn't just a feeling of relief - in the original Greek, this peace is likened to a military troop stationed to defend a fortress. Imagine having an entire military unit guarding your heart and mind!

When the Bible says this peace "surpasses all understanding," it means it will never make sense to our natural minds. It's supernatural protection that operates beyond human logic.

How Do We Find This Peace That Protects Us?

Jesus himself is the source. In John 14:27, He said: "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

The Amplified version adds: "Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled."

This isn't about trying harder to feel peaceful. Jesus has already given us His peace - we simply need to stop allowing disturbances in and start walking in what He's provided.

What Can We Learn from Jesus Sleeping Through the Storm?

Mark 4:35-41 tells the story of Jesus sleeping peacefully on a pillow during a violent storm while His disciples panicked. This wasn't just a light rain - these were hurricane-force winds! Yet Jesus remained so at peace that the disciples had to wake Him.

What can we learn from this?

1. Jesus declared "Let's go to the other side" and then rested in that word
2. All that movement didn't move Him
3. The disciples believed His words until they saw the waves
4. When the waves started screaming louder than God's words, their believing stopped

The same peace that was in Jesus is in us! We can respond in peace rather than react in fear, just as He did.

Why Does the Enemy Want to Steal Your Peace?

The spirit that rules this world wants to keep you in fear because fear is the opposite of peace. The enemy doesn't like peace because Jesus is the Prince of Peace.

That's why we need to be careful about what we allow into our minds - horror movies, scary content, or constant negative news can plant seeds of fear. The enemy has no power over us when we remain in peace.

2 Peter 3:4 encourages us to "be diligent to be found by Him in peace." Our protection is simply stronger than the enemy's weapons when we stay in God's peace.

Life Application

This week, I challenge you to become intentional about guarding your peace. When troubling thoughts come, picture them as intruders that your security guard (God's peace) needs to evaluate before allowing entry.

Ask yourself these questions:

1. What specific situations or thoughts most often disturb my peace?
2. How quickly do I turn to prayer and God's Word when I feel my peace being threatened?
3. Am I consuming media or entertainment that plants seeds of fear rather than peace?
4. How can I practice responding in faith rather than reacting in fear when challenges arise?

Remember, peace isn't the absence of storms - it's the presence of God in the midst of them. Your peace is your protection, a supernatural military guard stationed around your heart and mind. Don't let the enemy steal what Jesus has already given you.

Quotes

1. "What's happening on the inside of you is even more important than what's happening all around."
2. "You are not a body. You are a spirit. And the spirit, you, the real you, spirit man, matters so much more than your body can or would ever matter."
3. "That word, peace, it's not just a feeling of relief. In the Greek, that peace is likened to having a military troop guarding your heart and your mind!"
4. "Stop allowing yourselves to be agitated and disturbed."
5. "Do not allow what the enemy attempts to bring to you, and instead walk in what Jesus left for you- His peace."

6. "Peace brings confidence. The Holy Ghost is wanting to bring you confidence of your safety and protection in Him as you keep the peace of God, your security guard within."
7. "All that "movement" didn't move Him. It didn't even wake Him up. Doubt and unbelief demanded Him to get up."
8. "The disciples believed His words until they saw the waves!"
9. "Don't let the waves scream louder than His words."
10. "When the waves started, their believing stopped."
11. "We can respond in peace and not react in fear."
12. "The same peace that was with Jesus - that same peace is with us."
13. "Our peace isn't external- it's internal. He is the Prince of Peace and He lives in us."
14. "The peace of God that surpasses all understanding isn't going to make sense."
15. "The spirit that rules this world wants to keep you in fear - he doesn't like peace."
16. "The devil has no power over us when we are in peace."
17. "Our protection is stronger than the devil's weapons!"
18. "Be diligent to be found by Him in peace."
19. "We put confidence of our protection in the peace of God - that military guard that's actually standing there watching and guarding our heart and our mind from wrong things getting in."

Verses

1. Matthew 24:6
2. Proverbs 4:23
3. Philippians 4:6-7
4. Isaiah 26:3
5. John 14:27

6. John 16:33

7. Colossians 3:15

8. Mark 4:35-41

9. 2 Corinthians 2:11

10. 2 Peter 3:4