

10 Biblical Ways to Live in Peace and Overcome Anxiety

Anxiety, fear, and agitation are at an all-time high. The number one prescription being filled across the country is not antibiotics. It is antidepressants and medications to help people manage fear, uncertainty, and the stress of daily life. But God has something better. Here are ten biblical ways to live and stay in peace, drawn straight from Scripture.

Why Is Peace So Hard to Find Today?

We are constantly bombarded. News, social media, family pressures, and the noise of everyday life pull our minds in every direction. The enemy wants you to worry. Your old nature wants to take back control. And the result is a life filled with agitation, irritation, and anxiety that was never meant for you.

God is not the author of confusion or fear. He is the healer, the deliverer, and the one who wants to bring you into a life of genuine peace. But peace does not just happen. You have to pursue it.

How to Live in Peace: 10 Biblical Principles

1. Keep Your Mind Stayed on God

"Thou wilt keep Him in perfect peace, whose mind is stayed on thee: because He trusteth in thee." - Isaiah 26:3

Worry is your brain and the enemy trying to take back control. When you fix your mind on God instead of your problems, peace follows. It takes effort and intentionality, but it is worth fighting for.

2. Stop Blaming God

"Therefore being justified by faith, we have peace with God through our Lord Jesus Christ." - Romans 5:1

Many people do not come right out and say they blame God, but statements like "God allowed this to happen" carry the same weight. Bringing an accusation against heaven puts God on your hit list, and it is impossible to live in peace when you believe the one who can help you is the one causing your pain. God does not cause your problems. He cures them. He is not the author of sickness. He is the healer.

3. Let Peace Rule in Your Heart

"And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful." - Colossians 3:15

The word "let" means to allow. Peace will not rule in your heart if you are letting hatred, unforgiveness, bitterness, or the desire to get even take up space. A root of bitterness will rule your life and drive your thoughts, words, and choices. You have to actively choose to let peace be in charge.

4. Stay in the Word of God

"Great peace have they which love thy law: and nothing shall offend them." - Psalm 119:165

Ask yourself honestly: compared to the time you spend on television, social media, and your phone, how much time do you spend in the Bible? There is healing in the Word. Staying in Scripture builds a foundation that keeps offense and anxiety from taking root.

5. Follow the Things That Make for Peace

"Let us therefore follow after the things which make for peace." - Romans 14:19

This one is simple but powerful. If something consistently agitates you, steals your peace, or breeds insecurity in you, stop going back to it. That might mean stepping away from social media. It might mean turning off the 24-hour news cycle. It might mean evaluating who you are spending time with and what conversations you are allowing into your life.

One young man quit social media entirely after realizing it was the source of constant rejection, bullying, and anxiety in his life. A woman stopped living on the news and found that the anger and resentment she had been carrying simply lifted. You do not have to keep doing the things that cause turmoil and then wonder why peace will not come.

6. Walk in Love Toward Your Pastor

"And to esteem them very highly in love for their work's sake. And be at peace among yourselves." - 1 Thessalonians 5:13

This is not about exalting a person. It is about walking in a higher form of love toward those who labor over you spiritually. There has never been a church split where everyone went the extra mile to love their pastor. And there has never been a person at odds with their spiritual leader who lived in genuine peace. Your pastor's work is for your sake. Walking in love in that relationship is directly connected to your ability to live in peace.

7. Pursue Peace Actively

"Depart from evil, and do good; seek peace, and pursue it." - Psalm 34:14

Peace is not passive. Scripture calls us to pursue it, even with people we do not naturally feel at peace with. Avoid endless arguments, quarrels, and debates that produce nothing. Pursue peace with all people, not just the ones who make it easy.

8. Speak Peace Over Your Home

"Peace be within thy walls, and prosperity within thy palaces." - Psalm 122:7

Death and life are in the power of the tongue. Watch what you say over your marriage, your children, and your home. Words are containers. They carry what they are filled with. Speak life, not death. Speak peace, not turmoil. Teach your family to do the same.

9. Become Spiritually Minded

"For to be carnally minded is death; but to be spiritually minded is life and peace." - Romans 8:6

You cannot renew your mind one time and coast on it forever. In today's world, you have to keep coming back to the Word, keep washing your mind, and keep choosing to think spiritually. A carnal mind will always lead you toward worry, wrong words, and death. A spiritually renewed mind leads to life and peace.

10. Rebuke Your Storm

"And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm." - Mark 4:39

Jesus did not whisper at the storm. He rebuked it with authority. You have to do the same. Never get used to the storms of life. Never accept them as permanent. Build your life on the rock so that when the storms come and beat against your house, you do not fall. Those who build on sand do not just fall. Jesus said great was their fall. It can cost far more than the storm itself.

Life Application

This week, take this list of ten principles and turn it into a personal checklist. Go through each one and honestly ask yourself whether you are living it or not. Then pick the one or two areas where you are most consistently losing your peace and make a deliberate change.

Here are a few questions to reflect on:

- What am I consistently going back to that steals my peace, and what would it look like to stop?
- Am I blaming God, even subtly, for the hard things in my life?
- How much time am I spending in the Word compared to everything else competing for my attention?
- What words am I speaking over my home, my marriage, and my family?
- Am I pursuing peace, or am I waiting for it to show up on its own?

Peace is one of the most powerful gifts available to a believer. God wants you to have it. But you have to choose it, pursue it, and protect it every single day.

Quotes

1. Agitation is not of God. Irritation is not of God. Confusion is not of our God. Fear, even in the form of anxiety. A lot of people live in anxiety today. It's not from God. It's not of God.

2. Keep your mind stayed on him. Meditate, think. Keep your mind fixed on him. Isaiah 26:3. Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee.

3. If you blame God, who are you going to turn to who can overpower God? First of all, nobody.

4. He doesn't cause it, he cures it. He's not the author of sickness and disease. He's the healer.

5. Let means to allow. So the peace of God is not going to rule in my heart. If I let hatred, if I let prejudice, if I let hurt, if I let aggression, if I let get even, if I let hold a grudge. You know what the Bible says about unforgiveness. You end up with a root of bitterness. And that bitterness will rule in your life.

6. Follow after the things which make for peace. The flip side of that coin is stop doing the things that make for turmoil. Stop doing the things that make for agitation, and start doing those things. Follow after them.

7. I lived my whole life on that, and it just kept cutting me and cutting me. And when you said, follow after the things that make for peace, I had to talk to myself and say, if that bothers me so bad, why do I keep doing it? Why do I keep going back?

8. I've never met a human in my life that was at odds with their preacher that lived in peace. Never in all my years. They always got something bugging them, burdening them. They want to argue, they want to debate, they want to prove their point.

9. There has never been a church split on this planet where everybody went the extra mile to love their pastor. Doesn't exist. It will never exist.

10. Peace is a powerful friend. One of the best friends you're ever going to have in your life is the peace of God. And God wants you and me to have it.

11. Seek peace and pursue it. I would say hot pursuit. Hot pursuit.

12. Watch your mouth at home. Watch your mouth with your marriage. Watch your mouth with your children. Teach them to watch their mouth and to speak respectfully to their parents, honor their parents, speak respectfully to God and do away with all slander and gossip and malice.

13. Words are containers filled with everything they really are.

14. For to be carnally minded is death, but to be spiritually minded is life and peace. You must renew your mind and wash your mind. And living in today's age, you can't do it one time when you got born again, you gotta keep coming back.

15. Jesus in Mark 4:39 got up. He arose and rebuked the wind and said unto the sea, peace, be still. And the wind ceased and there was a great calm. We have to scream at our storm.

16. Never get used to storms, no matter what category of life.

17. The devil's a devil everywhere. People are people everywhere. And you are you no matter where you go. So why don't you just stay and get right and grow up in God and live in peace.

18. Great peace have they which love my law. And nothing shall offend them.

19. If they could just get these verses in their heart. If they could get these points down and say, I got to look at this. I got to make my outline, a checklist, a punch list.

20. Agitation and irritation and this horrible enemy called anxiety. This weird form of fear and uncertainty about our future or our life.

Verses

1. Isaiah 26:3
2. Romans 5:1
3. Colossians 3:15
4. Psalm 119:165
5. Romans 14:19
6. 1 Thessalonians 5:13
7. Psalm 34:14
8. Psalm 122:7
9. Romans 8:6
10. Mark 4:39

Summary

Anxiety and fear are at an all-time high, but God has something better than medication or worry. Peace is not something that simply happens to you. It must be chosen, pursued, and protected every single day. Scripture gives us ten practical principles for living in genuine peace. These include keeping your mind fixed on God, letting peace rule your heart, staying in the Word, and speaking life over your home. You cannot passively wait for peace to arrive. You have to actively follow the things that produce it and turn away from the things that steal it. God is not the author of your problems. He is the healer, and He wants you to walk in the fullness of the peace He has made available.