

## BE LIKE JESUS

Am I Becoming the Person God Wants Me to Be?

### LESSON 3 – HOW DO I FIND REAL PEACE?

*Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 (NIV)***

Most people would define peace as a feeling, as a sensation in the soul. We want to trade our anxiety, depression, and fear for tranquility, and we often adopt harmful and temporal practices to achieve this feeling. Substances such as drugs and alcohol can create an artificial “peace” and sedate our mood. The problem comes when the feeling wears off and we are left, once again, with the chaos of our soul.

#### 1. The question is: Where do I find **STRENGTH** to battle anxiety and fear?

A Biblical definition of **peace** refers not to the *subtraction* of anything but to the *addition* of Jesus.

- A. In the Bible, we read about **winning favor** in the sight of God and people (**Proverbs 3:4** “*Then you will win favor and a good name in the sight of God and man.*”)
- B. **Growing in favor** with God and people – **1 Samuel 2:26** “*And the boy Samuel continued to grow in stature and in favor with the LORD and with people.*”

This indicates a peace with God (vertical) and peace with others (horizontal). Relationships are complete, respect is intact, and we have peace. Wherever Christ is present, peace is available.

- C. If we want greater peace in our lives, we should first **seek to live** in obedience to God and then apply his wisdom to find peace in our relationships with others. **Philippians 4:6-7 (NIV)**

#### Anxiety

- 2. We are free from **ANXIETY** because we have found peace with God, Peace with Others and Peace with ourselves.
  - A. **Worry** is the chief robber of peace. This is why we often find Jesus, the Prince of Peace, emphasizing the fact that God loves and cares for his people individually and doesn’t want the worries of this life to overtake them. Jesus provided the opportunity for people to have peace with God. “*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.*” **John 14:27 (NIV)**
  - B. In our **relationships** we must practice peace whenever it is possible. Peace won’t always be everyone else’s choice. But we are still called to do all we can to live in peace. “*Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.* <sup>18</sup> *If it is possible, as far as it depends on you, live at peace with everyone.*” **Romans 12:17-18 (NIV)**

#### What a difference this would make in our lives if we would:

1. Come to **Peace** in our relationship with God. “*The LORD bless you and keep you;* <sup>25</sup> *the LORD make his face shine on you and be gracious to you;* <sup>26</sup> *the LORD turn his face toward you and give you peace.*” **Numbers 6:24-26 (NIV)**
2. As much as it is up to us, live in peace with all **People**. “*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*” **Colossians 3:15 (NIV)**
3. Learn to live at peace with **Yourself**. “*But seek first his kingdom and his righteousness, and all these things will be given to you as well.* <sup>34</sup> *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*” **Matthew 6:33-34 (NIV)**