

# THIS I KNOW

## PART 1

### ***GOD'S PROMISE OF PERSONAL PEACE***

Isaiah 54:10 Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

#### ***HOW TO ENJOY GOD'S PROMISE OF PEACE:***

##### ***1. MAKE PEACE WITH GOD.***

Romans 5:1 Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

##### ***2. TAKE TIME TO REST.***

Ezekiel 20:12 And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the LORD, who had set them apart to be holy.

##### ***3. RECEIVE HIS PEACE AS A GIFT.***

John 14:27 "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Mark 4:39 Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.

##### ***4. EXPRESS YOUR NEEDS TO GOD.***

Philippians 4:6–7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

##### ***5. REFOCUS YOUR THOUGHTS ON JESUS.***

Isaiah 26:3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

John 16:33 I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."