

# Peace



**Finding Peace in the  
Midst of Your Storm...**

# During Times Like These...

Our world is experiencing difficult times. War, natural disasters, terrorism, famine, health crises and economic turmoil are just some of the issues plaguing us today. In our personal lives, the issues seem to be just as tough—illness, financial challenges, relationship difficulties, family problems, and on-the-job headaches are the reality for so many of us. The dynamics of our lives have caused us pain, worry and frustration and somehow, we need to reclaim a sense of peace for ourselves. What do we do when our problems don't go away? Should we continue to worry ourselves until we are physically ill? I believe that the Lord would have us to find peace in the midst of our storm by drawing closer to Him.

# Peace

- **Peace** is defined as inner contentment, serenity (peace of mind), state of tranquility. Freedom from disquieting or oppressive thoughts or emotions

Are you at **peace**?

If you don't have both **peace** within you  
right now, why don't you?

# Worry Can Take Your Peace

- Matthew 6: 25-34
  - He tells us “do not worry”.
  - God takes care of the birds and the lilies, so we can expect that he will certainly take care of us
  - When you worry, He says that we have little faith
  - Our heavenly Father knows what we are in need of
  - Seek first His kingdom and righteousness and the things we need will be given to us as well

# 3 Bible Characters Who Remained at **Peace** During Difficult Times in Their Life

David, Paul and Christ

# David

- In the moments leading up to his upcoming battle with Goliath, David is at peace
  - I Samuel 17: 4-11, 32-40
    - Why is David at peace?
      - God has delivered David before, and David is certain that the same God will deliver Him again
      - Question for Thought: If God has been there for you before, why is it that you are worried now? Don't you believe that the same God who delivered you then will once again come to your rescue and give you what you need?

David is at **peace** because he has **prior experience** with God and he knows the Lord will be with him.

**David is free** from disquieting or oppressive thoughts or emotions.



# Paul

- Philippians 4: 4-13
  - Paul is at peace though he has endured much suffering for preaching the Gospel
  - He reminds us that we should focus our thoughts on what is true, noble, right, pure, lovely, admirable, excellent and praiseworthy
  - Paul has learned the secret of being content in any and every situation, whether well fed or hungry, in plenty and in want. **What is his secret?**
  - Paul secret to contentment is that, “He can do all things through Christ who gives him strength”. Paul is not afraid of difficulty in his life because he knows that with the Lord, he can face and endure all things.

# Paul

- Acts 14: 19-22
  - Paul acknowledged that there would be many hardships before entering the kingdom of God. He seemed to be **at peace** because he knew that despite the hardships that Heaven awaited him
  - In Verse 22, we see that much of Paul's work was dedicated to **strengthening and encouraging the disciples** to remain true to the faith (in the midst of the difficult times they were facing). We all need to be strengthened and encouraged in our spiritual journey. That's why it's important to study the Word and fellowship with other believers. **We should strengthen and encourage one another.**

# Jesus

- Matthew 14: 6-19, 22-23
  - Jesus learns of the death of John, the Baptist who was very close to Him. John, the Baptist baptized Christ and thus, held a special place in His heart
  - Christ is undoubtedly sad. He withdraws from everyone so that He can seek His Father in prayer
  - Despite His grief, He attends to the needs of others
  - After attending to the needs of others, He seeks peace for himself. He goes up on a mountainside alone and prays into the evening
  - Jesus finds **peace** in being alone with His Father
  - Notice that even in His tough times that Christ is able to cope and continue His mission on Earth

Like Jesus did, sometimes, we need to take time for ourselves and withdraw to a private place so that we can be alone with our Father.

During times of worry, chaos and confusion in our lives, He is our peace.

# Final Thoughts

I once heard a preacher say something that I will never forget. He said, “Life is difficult at best...”. I couldn’t believe that he said that from the pulpit. *At best, our lives will be difficult?* The minister was acknowledging the reality that life was not designed to be perfect, rather, it is difficult and once we accept the fact that it’s tough, we will no longer have pity parties for ourselves and be surprised when life throws us a curve ball.

Even though life is difficult, it can still be good! With faith in God’s ability to help you deal with your difficulties, you can find peace. After you find **peace**, then you can truly enjoy all the good that life has to offer you and focus on the great expectation of making your home in Heaven with the Lord. Whatever difficulty you face here is temporary! If you obey the Gospel of Jesus Christ and live in a way that pleases Him, you will be forever at **peace** with our Lord Heaven.