

Jesus is my peace

“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” (Philippians 4:6-7).

Jesus is my Peace

- **Definition of Happiness:** state of well-being characterized by emotions ranging from contentment to intense joy.
- It is usually temporary and dependant on a favourable event or achievement.
- **Definition of Peace:** Freedom from disturbance; quiet and tranquillity.

Absence of peace

- In the absence of peace, we will react to difficult events in life with:
- Anxiety.
- Anger.
- Stress.
- Fear.
- Sadness.
- People go to health retreats, practice Yoga and meditation to achieve inner peace, but if the word of God is not in our heart, these practices give only temporary relief for our troubled souls.

Happiness

- Diane and Andrew are twins, they were happy celebrating their birthday among their close friends. News came from the hospital that their dear grandmother has passed away.
- Diane cried for the rest of the night regretting that she did not have a chance to say good by and felt depressed that every birthday will be her grandma's anniversary.
- Andrew was angry that he had to call the party off and felt cheated that he missed out on a rare good time with his friends.

Peace

- Maria and Michael were walking in the hospital corridor, happy to bring news of their success to their ill dad. At the door of his room their mother and younger sisters were crying, their father has gone to heaven.
- Maria hugged her sisters reassuring them that God will never leave them and he is their heavenly father. Andrew also hugged his mother and told her he will look for a job and take care of the family and he trusts that his dad must be in heaven.

Worldly peace

- Peace of mind: we may feel that it is a peace of mind to have a job, financial security or a house and some savings. Adds on TV advice us to consider health insurance, life insurance and even funeral plans to have a peace of mind.
- These are all human strategies to relief worries about what may happen to us tomorrow. But is that enough or we will always find another reason to worry about.

- A teenager may want to be dressed well, have money and certain friends to feel confident and that he/she are able to fit in the group.
- They would still worry about what others think of them, the way they walk , talk or look.
- They may constantly be worried about what their peers think of their parents or their actions.
- Is that peace ?

Spiritual Peace

- This is peace that is reflected in our reaction to every event in life until it shapes our personality. People start to predict that even difficult events will not destroy your peace.
- It is the contentment with what we have, who we are and what are our circumstances.
- You stop questioning God regarding any misfortune as you do not see anything in your life as bad.
- Peace is optimism, positive thinking and confidence in the eyes of other people, but it is actually trust in God and complete reliance on his plan for my life.

- The truth is that the peace we “feel” when things are going our way is not really peace at all, it is happiness. We feel happy when happy things happen to us, but peace is something on the inside that is not shaken by our external circumstances. Peace is something we should experience always, not just when we do not have any problems.

- In John 14:27, Jesus says, *“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.”*
- *Peace is a feeling we acquire with effort, We need to read God’s word in the bible, believe it, accept it in our heart and then live it.*
- *We have to continue to actively dismiss worrying thoughts and fears and remind ourselves with God’s promises as he promised us peace.*

Relativity

- Happiness is relative to your dreams and expectations.
- Somebody may be happy to have a cheap roof over their heads even living in a rented small unit, while another would not be satisfied with a 2 million dollar house because his friend has a more expensive house.
- A student may be happy to pass an exam with a reasonable mark and thank the Lord for it, while another will not be satisfied unless they get the very best mark and they may not even be excited but just satisfied that they were not beaten by someone else.

- Trust that God has a purpose and a plan for each of us that fit who we are and what He wants us to do.
- Accept who you are, who your parents are and what they are able to provide you with.
- Accept your abilities, they are your gifts from God even if they seem humble, work hard and trust that you can make your talent grow to double and triple with the grace of God in your life. Do not bury your talent in the ground because you feel it is worthless.

- *“Well done, good servant; because you were faithful in a very little, have authority over ten cities” (Luke 19:17).*
- God loves all of us, the healthy and the sick, The strong and the weak. He can use me no matter what my abilities are.

Jesus is my Peace

- Video
- <http://www.youtube.com/watch?v=TI58qufXfYk>

How can I get peace

- *“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths” (Proverbs 3:5-6).*
- *God’s promise: “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3).*