

Peace:

**What it is and
How to
Experience More
of it.**

Definition:

1. Freedom from **fears,**
agitating emotions,
and moral conflicts.
2. Assurance of one's
salvation.

3. Contentment with our earthly lot of whatever sort that is.

4. The tranquil serenity of heart that comes from the all-pervading consciousness that our times are in God's hands.

**Which area(s) tend to
cause you the most
difficulty? **Fears?****

Agitating emotions?

Moral Conflicts?

**What are some of your
'peace robbers?'**

In our study this unit, we will look at (1) what we must know, (2) what we must do, and (3) what we must stop doing in order to experience more peace.

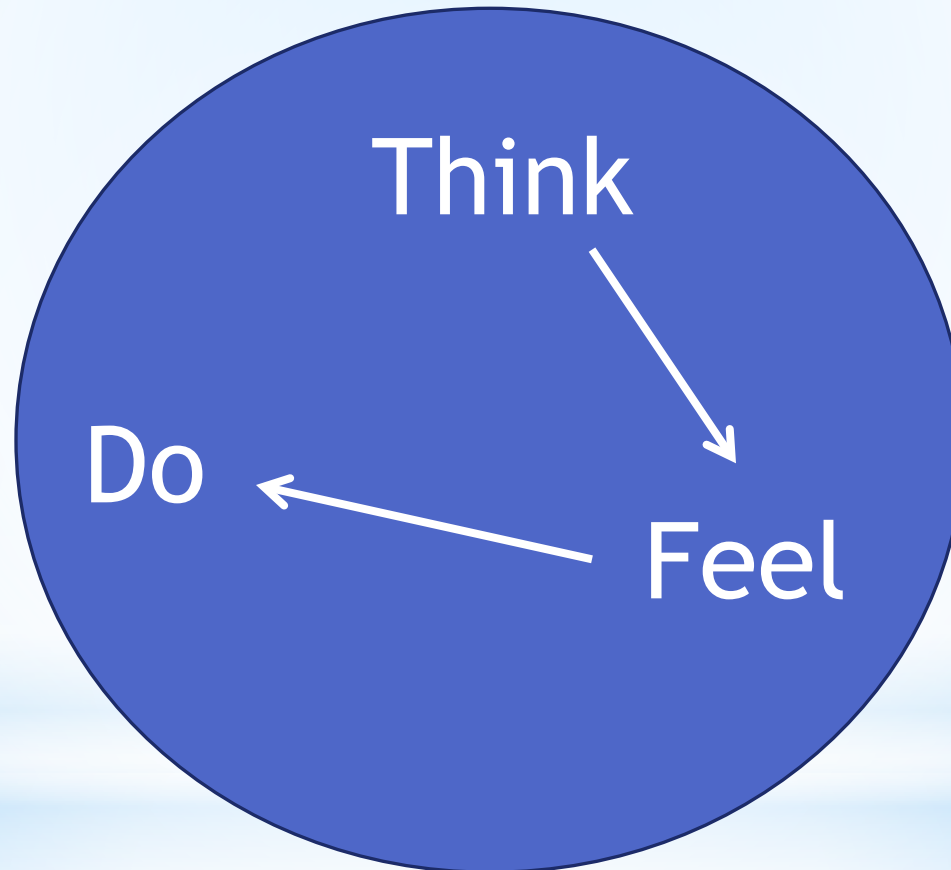
**We will also look at
what God's part is and
what our part is in this
whole process...**

Peace is like a sliding scale...
We can be up and down it,
depending on many things...



Our goal is to learn how to
progress up the scale and
to gain back any lost
ground...

The Think-Feel-Do Cycle



We have more than 70k thoughts a day! And they affect our feelings and actions.

Examples:

If I **think**: I cannot handle this situation...

I will probably **feel** worried, afraid, discouraged, etc.

I will then act, **do**, or say something as a result...

Another example:

If I **think**: God is in control of this situation.

I will **feel** hope, courage, peace, etc.

I will then act, **do**, or say something as a result...

One of the first things that we should **know** are the differences between:

- (1) Peace **with** God
- (2) The Peace **of** God
- (3) **The God** of Peace

Peace **with** God:

Col. 1:19-20

Isa. 53: 5-6

Rom. 5:1

The Peace of God

Phil. 4:4-7

Note our responsibility in this.

The God of Peace

Phil. 4:8-9

Rom. 16:17-20

2 Cor. 13:11

Throughout the next several weeks, we will examine each of these areas more closely.

What we need to learn from today's lesson:

1. Only Christians can experience true peace:

Peace with God

The Peace of God

The God of Peace

2. We have to experience peace **with** God through acceptance of Jesus as Lord and Savior before we can experience the peace **of** God in our hearts.

3. There are many things that can rob our peace, some of which are our own fault.

4. Sin, Self (our old nature), Satan, others and circumstances can all work to rob us of our peace.

5. It is not necessary for Christians to ever live without the peace of God.

6. There are clear instructions in the Bible for how we can experience peace with God, the peace of God, and to have the God of peace with us.

That is the goal of these studies....

Caution...

Physical and chemical things can affect our feelings...

Peace is a position of faith, not simply a feeling...