

# LESSON 12

## PEACE

### *Introduction*

Peace hides behind problems. Problems are common to this world.

#### **Where is my peace?**

Where is my peace?  
How can it so easily elude me?  
I know it is a gift, so does it come in a box?  
How does it get away so quickly?  
Does it have legs to run on?  
Does it hide behind my problem or under the bed?  
How can it be so near, yet be oh so very far?  
How can it be so hard to find, but oh so easy to lose?  
What am I pursuing today?

*Turn from evil and do good; seek peace and pursue it. Psalm 34:14*

### *Lesson*

- There is a cure for anxiety.
- It is not easy, but simple.
- It is a moment by moment choice to do the next right thing.
- Now refuse anxiety and replace it with gratefulness.

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

### *Exercise*

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**Let peace reign in your heart by turning every anxious thought into a grateful one.** This does not mean you are grateful for bad things, but for the opportunities to see everything meant for evil be turned into good.

*Genesis 50:20 You intended to harm me, but God intended it for good to accomplish what is now being done and saving of many lives.*

## *Application*

**Don't be anxious about anything, instead, be grateful.**

This is a journey. We are growing and learning. Gratefulness changes our focus. In my nursing career, I have stood by the bed of dying saints who are in total peace glorifying God. So, the presence of anxiety does not depend upon circumstance or on the fallen state of this world.

Anxiety is my lack of understanding of who I am in Christ and the work of salvation he is doing in me and how to use His blessed resources available to me.

## *Principle*

**Let peace guard your heart and mind in Christ Jesus.**

## *Conclusion*

- Perhaps I have never been taught how to trust Christ in every area of my life.
- Perhaps I never knew peace abides only in a trusting relationship with my Lord.
- Perhaps I have not understood how to go into my prayer closet and shut the door to anxiety and the outside world.

**Discover the mystery of the hidden chamber.**

*Psalms 51:6 Surely you desire truth in the inner parts; you teach me wisdom in the inmost place (hidden chamber).*

**The Lord is my Rock and my fortress, and my deliverer; my God, my strength, in whom I trust. Psalm**

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