

## Peace from God

In one of the last lessons, you learned about the peace “with” God. Now you will learn about the peace “of” God. The difference between the peace with God and the peace of God is that peace with God has to do with our vertical relationship with God, that there is nothing between us and Him. The peace of God has to do with horizontal relationships, peace in situations we encounter here upon the earth.



Did you know that God can give you a supernatural peace? This peace floods our hearts and minds even in the midst of great difficulty. The Bible best describes it as the “peace that passes understanding,” Philippians 4:7. It is really a wonderful gift from our loving, heavenly Father.

For this lesson, we are going to first look at that passage in Philippians, chapter four. Let's start with verses 6-7:

“In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall guard your hearts and your thoughts in Christ Jesus,” ASV.

## Prayer is one Solution

Here, the Bible explains how we can have this peace from God. First of all, it says for us not to worry about anything! How many of us practice that? The problem with worry is that it actually does not achieve anything! We pay a steep emotional price, tormenting ourselves with endless negative possibilities, that go round and round in our mind.



Have you noticed that this is almost impossible to stop? You can be fine one moment, and then caught up with anxiety the next. We find ourselves on a never ending merry-go-round. The solution God gives us is to pray. Talk to God about it.

## God is in Control!

Now this passage mentions two types of prayer: normal prayer, and then the types of prayers where we are really desperate! The Bible calls this intercession or supplication. It is praying with fervency to God. God invites us to pour our hearts out to Him. You can find many examples of fervent prayer in the Bible.

How long should you pray? Until the peace comes! The presence of the Lord comes in a supernatural way and stills your heart and mind. And when the peace comes, you know that you have the answer.

There are two important things to notice about this passage. One is that it says that peace will surpass your understanding. This means that while you will experience peace, you will not necessarily know the answer to your problem. But you will have the deep assurance that God is in control.





In this situation, God wants us to be like children. Children do not have to understand everything in order to know that they will be taken care of. So it is with God. His peace will come in. When it comes in, accept it! Let that peace rule your heart and mind, even if you do not yet know the solution.

Secondly, notice that there is one more thing to do after asking. It is to thank God. When we go to Him, praying in faith, He will hear us. Thank Him for it! That helps seal the deal.

## Give Thanks!

The next verse in Philippians gives us further instruction on how to have peace in our lives. This is by shutting the door to anxiety even before it takes root in our lives:

Here, we are told to think on things that are: "true...honorable...just...pure...lovely...good report; if there be any virtue, and if there be any praise, think on these things...and the God of peace shall be with you," (ASV).

## Control Your Thoughts!

Whether we have peace or not is often determined by what we allow to have in our minds. And there is a very simple solution! Think about good things. Do not go down every wicked trail that the media and Internet lay before your eyes. Do not tolerate listening to gossip or the bad things that people say about one another. Your mind is like a garden. Plant good things, and you will reap a harvest of joy and peace. However, if you sow seeds of gossip or consume news of disgusting things - even if may be true- you will have to deal with those thoughts and the consequences that they bring with them.

So pray about your concerns! Turn them over to God and thank Him for the solution! Then think on good things. You will be amazed at how the peace of God will come and rule in your life!

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## The Peace of God



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