



Peace

Greg Wendschlag December 26, 2021

Isaiah 9:2, 6-7

Luke 2:8-14

What is Peace?

- Hebrew: shalom – well-being; as it should be
- Greek: Eirene – free from worry; reconciliation; a blessing from God

No God, No Peace.

Without God your life will be consumed by stress, worry and anxiety.

- Stress is “The resistance to pressure or tension of external forces; mental or emotional strain from adverse or very demanding circumstances.”
- Worry is “A state of uncertainty over actual or potential problems.”
- Anxiety is “The internal lack of peace caused by worry over the stressful situation.”

Truth #1 – You cannot avoid stressful situations.

Truth #2 – When stressed you can choose to worry or to trust God.

Truth #3 – If you choose to worry you will embrace anxiety and forfeit peace.

Truth #4 – If you choose to trust God you will find His peace.

Know God, Know Peace

With God your life may be stressful but absent of worry and anxiety.

1. Pray!

“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.” Phil 4:6-7

2. The fight for peace is in the Mind.

“He will keep him in perfect peace, he whose mind is stayed upon Him.” Is. 26:3

“Set your minds on things above, not on earthly things.” Col. 3:2

3. You have a choice NOT to worry.

“Don’t let your heart be troubled. Trust in God, trust also in Me.” Jn. 14:1

“Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” Jn. 14:27

“I have told you these things so that in Me you will have peace. In this world you will have trouble. But take heart! I have overcome the world.” Jn. 16:33

4. Stay connected to God’s people.

“An anxious heart weighs a man down, but a kind word cheers him up.” Prov 12:25

“I have learned to be content whatever the circumstances...I can do everything through Him who gives me strength. Yet it was good of you to share in my troubles...” Phil. 4:11-14

Prayer for Peace with God

Dear Lord Jesus, I know that I am a sinner and need Your forgiveness. I believe that You died for my sins. I want to turn from my past and turn toward you. I now invite You to come into my heart. I want to follow You and trust You as Lord and Savior of my life. In Jesus’ name, Amen.