



THE  
MENTORING  
PROJECT

# THE PEACE OF GOD AND HOW TO FIND IT



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## Introduction: The Peace You Seek

Imagine there's no heaven  
It's easy if you try  
No hell below us  
Above us only sky  
Imagine all the people  
Living for today...  
Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too  
Imagine all the people  
Living life in peace...

You may say I'm a dreamer

But I'm not the only one. In March 1971, amid the turbulence of the Vietnam War, a man named John Lennon sat down to write a song encouraging everyone everywhere to envision a life with “nothing to kill or die for.” It was an “ad campaign for peace.” He and his wife Yoko, disillusioned with war, “imagined” a world without religion, possessions, or borders. He said his song was “virtually The Communist Manifesto” and he believed it would promote peace and help unify the world.

Peace was the passion of every hippie in the sixties and seventies but they were not the only ones. John got that part right. Every generation and every individual longs for peace. Some crave a life free from political conflict and war. Others seek freedom from a tormented conscience. Still others aspire to peace in their personal relationships. We all want peace and make attempts to obtain it, but lasting peace is often elusive.

Why is that? I think it is likely because there are countless counterfeits on offer. Some suppose peace comes through wealth. Others might try people pleasing. And some simply suppress reality by keeping busy, or indulging in endless entertainment, hoping distraction will somehow equate to peace.

Ultimately, however, counterfeit peace never satisfies. It's like drinking saltwater to quench your thirst: the more you consume, the thirstier you become. The fundamental flaw with counterfeit peace lies in its very definition. Dictionaries define peace as simply the absence of trouble. If there is no war, no conflict in your marriage, if your job is secure, the family is healthy, and the bills are paid, society labels that “peace.” But that kind of peace falls to pieces the moment trouble arrives. Counterfeit peace is merely a mirage.

Thankfully, God has given us a different definition for genuine peace. His peace isn't the absence of trouble; it's His powerful, calming presence in the midst of trouble. In John 16:33 Jesus said, “These

things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” God’s peace isn’t a feeling you chase but a Person you trust.

Prepare to eliminate the counterfeits, embrace God's everlasting peace, and enjoy the pleasures of His eternal presence. The peace you long for is not found in controlling your circumstances, but in surrendering to the God who controls all things and desires to share His perfect peace with you. Let’s begin.

## Part 1: How to Establish Peace with God

What is peace?

What comes to mind when you hear the word peace? A little peace and quiet? A break from work or the kids? Maybe you envision tranquility: a little Zen music, a massage or contemplation by the beach or a forest stream. Maybe it's relational peace? No gossip, no fighting, no drama, no tension. Or maybe you think globally? No more holocausts, apartheid, genocides, or threats of nuclear war.

According to Scripture, peace is primarily about the presence of something—or someone. True peace is found in God. Peace comes in the restoration of what sin has broken. Perfect peace is a complete rearrangement, a return to God's good order and design. It is the absence of what should be absent and the presence of what should be present. Everything in its proper place. Everything made whole.

The Hebrew word for peace is shalom. It occurs 236 times in the Old Testament and it speaks not only of calmness but of completeness.

Job once described his household as being in shalom because nothing was missing. David asked his brothers about their shalom in the middle of battle. When Solomon finished the temple, he brought shalom to it.

To shalom something is to restore it, to make it whole again. When God created the world, He created it whole and complete. But sin shattered that wholeness. There was once harmony, but now hostility. There used to be intimacy with God, but sin created separation and alienation.

After sinning, Adam and Eve hid from God because sin had separated them from him. To Adam and Eve, God promised that the woman would bring forth a seed who would crush the head of the serpent." Ultimately the seed is none other than Jesus Christ. Isaiah the prophet called Jesus "the Prince of Peace." In fact, when Jesus was born, the angels erupted with the announcement: "Glory to God in the highest, and on earth peace among men with whom He is pleased." (Luke 2:14)

How did Jesus bring about this peace? The angels didn't just pronounce it, Jesus had to procure it. He accomplished this long-prophesied peace through His life, death, and resurrection.

The gospel of Jesus Christ is the starting point for every soul that longs for peace. But before we can receive it, we have to recognize why we need it.

*Why Do We Need Peace With God?*

Matthew Henry once asked, "What peace can they have who are not at peace with God?" The answer is that there is no peace without God.

Real peace, the kind that quiets guilt, steadies the soul, and gives strength in the midst of suffering, cannot exist apart from reconciliation with God. Why? Because our greatest problem is not emotional or political or psychological—it is relational.

Our restlessness begins with our rebellion. Until we are reconciled with our Creator, no amount of comfort can truly calm our fears.

We may try to mask our unrest with achievement or apathy but as long as sin remains undealt with, the conscience will whisper, “You’re not right and you’re not alright. You’re not safe.” And the truth is that the conscience is telling the truth.

If you want the peace of God, you must first make peace with God. Not peace with yourself.

The Bible teaches that sin has created a chasm between us and God. Romans 5:10 says that before any of us come to Christ we are enemies. Enemies are not passively indifferent. They’re in a perpetual state of active animosity. Before coming to Christ, the Bible calls us rebels, lawbreakers, and insurgents in God's kingdom.

Romans 3:23 says, “For all have sinned and fall short of the glory of God”. That means no one slides into this world safe. We all begin estranged from God and in a state of war against him.

War with God is a war no man can win. God is holy. Man is guilty. And no matter how loving God is, He’ll never overlook our rebellion, because He’s also just. That’s why peace with God is impossible from our side. We can't bribe a holy God with good behavior. We can't cover our guilt with resolutions and rituals. If peace is going to be established, it must come from God’s initiative. He must move first. And He has. God sent His Son into this world to make peace. What we needed was someone to negotiate and accomplish a peace treaty. That is what Christianity offers; a peace treaty written in Christ’s blood.

This is the foundation of every kind of peace you could ever hope to experience. Until the war with God is over, peace is just a figment of your imagination. You might have moments of quiet, but you won’t find rest. You may numb your guilt, but you can never remove it. Peace begins at the cross, because that’s where the hostility ends.

#### *How Can Rebels Be Made Right With A Holy God?*

Romans 5:1 puts it this way: “Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.” God justifies sinners. He declares them righteous through faith in Christ, not because they deserve it, but because of what His Son has done. Jesus stepped into the courtroom, took our place, and received the full verdict. God didn’t overlook the charges or lower his holy standard. He satisfied justice through substitution.

At the cross, Jesus absorbed the wrath we had earned. He bore the curse. He fulfilled the law. He paid the debt in full. When you believe Him, you are united to Him. His death counts for you. His life covers yours. The Judge now declares you “righteous.” And where justification is pronounced, peace begins.

This peace is not a fleeting feeling—it's an objective reality. It doesn't waver with your circumstances. It is rooted in the finished work of Christ and secured by the righteous verdict of God Himself. When God declares you righteous that is a legal, spiritual, and eternal verdict. He's no longer against you, He is for you. Fully. Forever.

Why would God do this? Why move toward those who opposed Him? Romans 5:8 gives the answer: "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." God didn't wait for us to clean ourselves up. He didn't demand change before dishing out grace. He gave grace to produce change. And that's the heart of gospel of peace. Jesus didn't just point the way to peace. He walked the road to Calvary and purchased peace.

Once you've made peace with God, you're no longer His enemy. Instead, you're His child. The war is over. The verdict is in. You are justified. But justification isn't the end of the story. It's the beginning of a new kind of life; a life where God not only removes hostility but fills your soul with peace. This is where we move from peace with God to the peace of God. The peace with God is legal, objective, unchanging. It's grounded in Christ's work and sealed by His righteousness. The peace of God is personal, protected, and perpetual.

### **Discussion and Reflection:**

1. What are some of the counterfeit forms of peace you are most tempted to chase?
2. In what ways has hardship exposed what you really trust in?
3. Have you made peace with God, or are you still trying to earn His approval?
4. How would your day-to-day mindset change if you truly believed God was now your friend?

## Part 2: How to Experience the Peace of God

### *The Peace of God Is Personal*

Philippians 4:9, "The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you." Peace is personal. It's palpable.

God doesn't just deliver peace to you like an Amazon delivery man brings you a package. Peace comes from His presence. Peace flows from your relationship with Him. Paul doesn't simply say, "peace will be with you" like it's an abstract, impersonal feeling. No, he tells us how peace is with us: "the God of peace will be with you."

So we don't just get relief, we get relationship. We don't just get a feeling, we get the Father.

For those in the military, especially wives and children, you know this well. When dad is deployed for months or even years, are you content with just a memory of him? Does a photo, a letter, or even a good feeling replace his presence? No! You want your husband or father in the flesh. Why? Because His nearness brings comfort. His voice brings peace.

Awhile ago I came upon a video on YouTube titled, "Sergeant Surprises Son in Taekwondo Lesson." In this video, you see a dad, back from a year's deployment, sparring with his son who is blindfolded. And as they exchange blows his dad says, "Keep your hands up Chip." The boy can't see his dad but when his dad repeats the instructions, "Keep your hands up Chip" the boy recognizes his voice, immediately takes off his blindfold, sees his dad and rushes him for a hug.

There are times when God feels distant to us but we can be assured that He is always right there with us. His voice is always speaking reassurance to us through His eternal word. He has promised to be with us always and we can be confident that His presence is our peace.

The psalmist said in Psalm 73:28, "But as for me, the nearness of God is my good; I have set Lord Yahweh as my refuge, That I may recount all Your works."

Ephesians 2:14 says "He, Himself is our peace" and where He is, peace reigns. This is why Paul says, "The Lord is near" (Philippians 4:5). He is not far off. He draws near to dwell with His people.

This is why peace cannot be sustained apart from walking closely with Christ. The further you drift from Him, the more peace slips through your fingers. Not because He moves away, but because you lose sight of the One who is your refuge. He has promised never to leave you or forsake you and as you abide in Him, you will experience His peace. The peace of God is personal in that it is experienced in the personal presence of Immanuel, God with us.



### *The Peace of God Is Protected*

Not only is God's peace present and personal, it is also powerfully protected.

Philippians 4:7, "And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus."

Have you considered what it means that the peace of God surpasses all comprehension? It surpasses understanding, not because it's irrational, but because it exceeds the limits of what human reason can produce.

When life unravels, this peace doesn't just feel strong, it is strong. When you lose your job and wonder how in the world you're going to survive, God is right there to protect your peace. When you are in the hospital room and you get the diagnosis, God is by your side, protecting your peace. When you are at the graveside and the loss has finally hit you, He is nearer to you than you realize.

God's peace doesn't erase hardship, but it upholds you in the middle of it. It doesn't make you forget your pain, but it helps you process the pain in light of His promises. This peace is not a trick of the mind—it's the work of the Spirit. So many believers struggle because they expect peace to alleviate all trouble. But the peace of God is often experienced most in the midst of trouble.

### *The Peace of God Is Perpetual*

The peace of God is personal, it is protected and it is perpetual. Once it has taken hold of you, it never lets you go.

Isaiah 54:10 "For the mountains may be removed and the hills may shake, But My lovingkindness will not be removed from you, And My covenant of peace will not be shaken," Says Yahweh who has compassion on you."

When you have peace with God, it doesn't fade with time or fluctuate with your emotions. Peace ages well. It doesn't wrinkle, fade, or weaken. Peace with God isn't a one-time experience at conversion or something you used to have. It is a present and permanent reality.

Your justified status means you don't have to worry about drifting in and out of peace with God because you're anchored to Him.

Romans 5:10 spells this out: "For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."

The death of Christ made peace. The life of Christ keeps it.

Jesus said in John 14:27, “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”

The world’s peace is circumstantial. God’s peace is covenantal. Once He has given it, He doesn’t revoke it. Christ’s resurrection and the presence of His indwelling Spirit is your seal and guarantee. Because the Spirit of God has permanently taken up residence in our hearts we will always have peace.

Christ purchased your peace at great price, you can be sure that He will now preserve it. Not only does he preserve it, He nurtures and cultivates it as you submit to His indwelling Spirit.

Paul tells us in Romans 15:13 that this peace flows from hope and joy through the power of the Holy Spirit: “Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.”

You will have ups and downs in life’s circumstances and in your emotional strength, but peace is a fixed promise rooted in God’s character. His peace will never leave you because He will never leave you (Hebrews 13:5). That doesn’t mean your peace will never waver, it just means that when it does, you can remember and reassure yourself of what God has promised.

And that leads us to our next question: how can we grow and strengthen our peace? If justification is the root, then the growing in Christ is the fruit. So let’s look now at how to strengthen our experience of the peace of God, not just in principle, but in practice.

### *Pray About Everything*

If you want to walk in the peace of God, you must learn to bring everything to God in prayer. Not just the big things. Not just the emergencies. Everything! That includes your anxious thoughts, your restless nights, and your wandering mind. The Lord tells us exactly what we’re to do with all our anxious thoughts in Philippians 4:6–7 “Be anxious for nothing, but in everything by prayer and petition with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

So according to Paul, the peace of God doesn’t come by figuring everything out by yourself. It comes by laying everything down. When your anxieties begin to rise in your heart and that little voice in your head begins to rehearse your fears, you need to be reminded that God wants you to come to Him in prayer. Not because He’s unaware of what’s going on, but so you can be reminded of who He is.

Prayer is your weapon of warfare against anxiety. When Martin Luther faced intense spiritual opposition, he would often say, “Come, let us sing a psalm and drive away the devil.”

How often do the songs you sing, remind you of the truth you often forget? There's just something about good hymns that help us remember who God is and what He's done. We need good music to preach to our worries. We need tested lyrics to redirect our thoughts when our emotions are all over the map.

God's promise to you is if you bring your burdens to Him instead of trying to bear them alone and if you choose prayer over panic, you will have peace. Do you want to better experience God's peace? Sing more! Seriously, sing more. Make your songs your prayers. Sing and cry out, "Lord, I believe! Help my unbelief!"

Is your sin shouting that you are guilty? Sing: "Because the sinless Savior died, My sinful soul is counted free." Are you tempted to doubt God's love? Remember your adoption: "My name is graven on His hands, My name is written on His heart. "I know that while in heav'n He stands, No tongue can bid me thence depart;" Does your past accuse you? Rest in this:

"My sin—oh, the bliss of this glorious thought—My sin, not in part but the whole, Is nailed to the cross, and I bear it no more."

Praying through good songs will quiet your heart and keep you from stumbling away from peace. So sing and pray without ceasing.

#### *Ponder What Is True*

If prayer helps you see clearly, pondering truth will help you walk correctly. Philippians 4:8 "Finally, brothers, whatever is true, whatever is dignified, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, consider these things."

The battle for peace is often won or lost in the mind. The Spirit uses truth to displace lies. When your mind is renewed with the promises of God's Word, your soul learns to rest; even when circumstances scream otherwise.

But if you allow your mind to be cluttered with worries, doubts, and the subtle whispers of falsehood, you will struggle to experience peace.

Consider the conversations you have with yourself. Is the most negative person in your life you? Do you hear that inner voice telling you, "You're a failure," or "You're alone," or "No one deals with what you deal with or feels how you feel"? Lies don't just hover outside your mind's door; they want to break in and live there permanently. Satan, the pull of sin, and your own self-doubt will constantly try to convince you that God's Word can't be trusted.

This is why the prophet Isaiah says Isaiah 26:3 “The one steadfast of mind You will keep in perfect peace, because he trusts in You.” God does more than just guard our hearts; He actively guards our minds. But notice, He doesn't guard every mind; He guards the one that stays fixed on Him.

That doesn't happen by accident. You must fight for it. You must deliberately choose what you dwell on. You'll experience the profound peace of God and it will settle in your soul but only when you silence the lies going on in your head.

Your thoughts lead to emotions and those emotions lead to actions. What you believe in those quiet, unguarded moments will profoundly shape how you respond when chaos hits. If you believe God is distant, you'll feel abandoned and alone. But if you truly believe He is a sure and steady anchor then your soul will be stabilized. Peace doesn't grow out of mere positive thinking—it grows out of solid truth.

How can you experience more of the peace of God in your life? Pray about everything and regularly ponder what is true.

#### *Practice What You Know*

Philippians 4:9 “The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.” Peace isn't just promised to those who believe, but to those who obey. It's one thing to know the truth—it's another to live it.

Psalms 119:165 “Those who love Your law have much peace, And nothing causes them to stumble.” The assumption here, is that loving God's Word results in obeying God's word. And those who love God's word and live according to it, experience peace. Not minimal peace, but “much” peace. Abundant peace. Settled and enduring peace.

It is important to note who experiences peace. Not the lawless. But those who love God's law—not merely following it out of duty, but delighting in it from the heart. Psalm 1:2 “But his delight is in the law of Yahweh, And in His law he meditates day and night.”

To love God's law is to love God's voice, to love God's ways, and to love God's will. Those who don't cannot find peace. One of the most profound things my wife has ever said to me is “There is nothing more satisfying than having a clear conscience.” She is absolutely right. Peace flows most freely when the conscience is clear. You simply cannot hold onto hidden sin and expect a steady soul. You cannot genuinely ask for the peace of God while deliberately ignoring the commands of God. Disobedience always disturbs peace, not because God withdraws His love, but because sin clouds your confidence and creates distance in your fellowship with Him.

Sin always over-promises and profoundly under-delivers. It lures you in with the fleeting promise of relief, then leaves you with deep restlessness. It may feel like freedom in the moment, but it slowly

chokes your soul. When compromise creeps in, your peace deflates like air in a tire. Obedience, on the other hand, may require something upfront; a surrender, a difficult choice... but it consistently leads to true peace, clarity, and deeper communion with God.

And remember, growing in holiness is not perfection—it's direction. It's a heart that actively listens when God speaks, genuinely turns when He convicts, and faithfully comes when He calls.

Obedience declares, "Not my way, Lord, but Yours." Bowing your will to God's will won't earn you peace; but it will actively invite it. Peace isn't the reward of our performance—it's the natural fruit of intimate fellowship with God.

So, if you are lacking peace in your life, it might be time to do some inventory. You're going to lack comfort if you're coddling sin and refusing correction. The peace of God truly rests on those who actively walk with the God of peace. If you are walking in faith and obedience your soul will find its promised rest.

## **Questions for Reflection**

1. When anxiety strikes, where do you typically run first - prayer or panic?
2. What are some truths from God's Word you need to rehearse more often?
3. Are there any hidden sins disrupting your peace with God?
4. What does it mean to say peace is a Person and not just a feeling?
5. Have you trusted Christ as your peace? If so, how does that shape the way you view hardship?

## Part 3: How to Enjoy the God of Peace

In that great martial arts film, Kung Fu Panda there is a scene where Master Shifu is trying to help Po focus and find inner peace. Po plops himself under a cherry blossom tree to mediate and says, “Alright Universe give me some guidance.” Then he repeats the mantra: “Inner peace... inner peace... inner peace...” But his mind begins to wander and his “inner peace” turns into “Dinner, please,” then “dinner with peas” then “snow peas...with a sesame soy glaze!”

I’m guessing we all identify with Po more than we’d like to admit. Our minds often wander while praying or reading the Bible. And if you’re anything like me, and Po... it’s probably wandering off to the next thing you plan to put in your belly. We may start off well intentioned. We silence our heart and pray with sincerity. But soon we’re pulled back into the distractions of life. Schedules, notifications, anxieties, ambitions. Our longing for peace gets hijacked by our appetite for control or comfort.

But here’s the good news: God’s peace isn’t something we generate. It’s something we receive by enjoying Him. Apart from Christ, there is no communion, no closeness, no enjoyment of the God of peace. It is through His blood that peace was made (Col. 1:20), and it is through abiding in Him that we experience the joy and rest of that peace.

It’s with that we now turn our attention to the acronym P.E.A.C.E. to help us more easily remember the relational and experiential joy of walking with the God. This acronym provides us with five ways we can enjoy the God of peace.

### P – Pursue Christ’s Presence

Psalm 16:11, “You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.” In this passage, David is praying to Yahweh, his covenant keeping God. Throughout the Psalm you can hear David’s intimacy with his God. He’s not speculating; he has absolute confidence in Yahweh. What specifically is he confident about? It says that Yahweh will make known to him the path of life. The verb for “make known” implies revelation, guidance and teaching. God isn’t distant or silent. He personally and particularly shows David the way. It’s not as if God is just pointing and giving directions. Instead, God is leading the way and illumining the path so David can walk uprightly.

The only way you can be sure you’re on the right path is to walk in God’s presence. When David says “in your presence” it literally reads “before Your face.” This is personal, relational nearness to God. This is not some vague idea of God but an actual dwelling with God—a nearness to God.

I remember one of my college basketball coaches getting on my case one day during a time out because he thought I was being lazy on defense. He got in my face and said, “Peppermint.” I said, “What?” He said, “Peppermint. That’s the kind of gum you’re chewing. I want you to be so close to number 10 that

you know what kind of gum he's chewing. You have to get up in his face. I want his girlfriend in the stands to be jealous of how close you are to him. Get up in his face!!"

I think we'd be much happier Christians if we had more face-to-face contact with God.

Consider Psalm 16:11 again. What is the inevitable result of this "face to face" communion with God? The Psalmist sings, "In your presence there is fullness of joy!" Notice the sense of wholeness that the Psalmist communicates here. The word for "fullness" means abundance, satisfaction, complete contentment; there is no lack. You can be sure that nothing God provides is lacking or incomplete.

If you are chasing happiness in the world, you will find (if you haven't already!) That it will always run faster than you. But here, the Psalmist shares with us a joy that doesn't run away from us but to us. God's presence isn't like a sprinkling of rain that just passes by, it's like a spring of living water that never runs dry. It provides deep, soul-stirring satisfaction that endures and overflows.

The Psalmist expresses this abundance like this, Psalm 4:7 "You have put gladness in my heart, more than when their grain and new wine abound." Jesus offers even more clarity about the source of the joy and the degree of joy provided in John 15:11, "These things I have spoken to you so that My joy may be in you, and that your joy may be complete." Our joy is made full, complete, and perfect in His joy. Jesus shares with us His own perfect, supernatural, eternal joy.

This is God's astounding promise to us: Romans 14:17, "for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."

Consider the conclusion of Psalm 16:11, "In Your right hand there are pleasures forever."

Psalm 16:11 reminds us that we don't have our own individual measure of joy as Christians but we have access to the source who supplies and sustains infinite joy.

Moses once said, "If Your presence does not go with us, do not lead us up from here" (Exodus 33:15). Peter later echoed this same sentiment, "Lord, to whom shall we go? You have the words of eternal life." Moses and Peter both wanted to be in God's presence continually. They each understood that their greatest joy was where God is.

To enjoy the God of peace, you must first and foremost desire His presence. The feeling of peace is really not your main aim. Christ's presence is your main aim. When we prioritize nearness with Christ, we position ourselves to receive His peace, which flows from His very being.

Therefore, we do well to beware of two dangers that want to disrupt our peace: distance and distraction. We see this illustrated for us in the example of Mary and Martha. Martha was so distracted that it distanced her from Christ. The more she was removed from His presence, the more restless she became. She was not at peace. Instead, she was anxious, and her anxiety also led to a rift in her

relationship with her sister. She had lost peace internally and externally. Mary, on the other hand, was at perfect peace. She had chosen the better portion—proximity to Christ by sitting at his feet.

All through Scripture we read that there is great reward when we draw near to Christ.

James 4:8 promises, “Draw near to God and He will draw near to you.” We are even told how we are to draw near. Hebrews 10:22 exhorts, “let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.” Through Christ, we have bold access to draw near to the God of peace.

How are we to draw near to God? With a sincere heart and a sure faith. A daily disciplined Bible diet is certainly a wise practice. But communion with God goes beyond your morning ritual of coffee and a devotional. Don’t be too quick to mark Jesus off your to-do list with your daily devo duty. Linger long in His presence. Make sure that you are making time for unhurried prayer and silent reflection. The key is quality communion. The enemy knows that the busier you are the less spiritual delight and peace you will enjoy.

We must allow time for our hearts to be captivated by His beauty. To truly enjoy the God of peace, we must lift our eyes and exalt in Christ’s glory.

## E - Exalt in Christ’s Glory

We were made to behold glory, and the supreme glory of God is revealed in the face of Jesus Christ. 2 Corinthians 4:6 puts it this way: “For God, who said, “Light shall shine out of darkness,” is the One who has shone in our hearts to give the Light of the knowledge of the glory of God in the face of Christ.” John 1:14 also reveals that God’s glory is revealed to us in Christ: “And the Word became flesh, and dwelt among us, and we beheld His glory, glory as of the only begotten from the Father, full of grace and truth.”

Let every sermon you hear, every hymn you sing, and every Scripture you ponder be a fresh look at the radiance of Christ. The more clearly we behold the glory of Christ, the more our hearts are quieted in peace. His glory steadies us. His glory lifts our eyes from earthly shadows and reminds us that our joy is rooted in the unchanging beauty of Jesus.

We reflect what we remain focused on. If we keep our eyes on Jesus, His character will be seen in our quiet, steady, confidence - the presence of His peace.

## A – Abide in Christ’s Word

You cannot exalt in Christ’s glory without abiding in Christ’s Word. Jesus Himself said, “Man shall not live by bread alone but by every word that proceeds out of the mouth of God” (Matt 4:4). Just as the body cannot thrive without daily bread, the soul is directionless and cannot flourish without daily communion in the Word. Jesus said, “These things I have spoken to you, so that in me you may have peace” (John



16:33). Jesus words are instruments of peace. His words steady our emotions, anchor our thoughts and shape our desires. In a world where your mind is pulled in a thousand different directions, abiding in Christ's Word provides clarity, stability, and rest.

Paul makes this connection between the peace of Christ and the word of Christ in Colossians 3:15–16, “And let the peace of Christ rule in your hearts, to which indeed you were called in one body, and be thankful. Let the word of Christ dwell in you richly, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with gratefulness in your hearts to God.”

The peace of Christ rules in the heart when the Word of Christ richly dwells in the mind. Nothing else can effectively remove the noise of the world and fix your attention on the truth that brings peace and freedom like the word of God (John 8:31–32).

Scripture brings a fortifying peace—a resilience that does not stumble even in difficulty. Do you long for the kind of stability that does not waver with the winds of circumstance? Saturate yourself in the Scriptures, not to check a box, but to commune with Christ Himself. Listen to this amazing promise: John 15:7 “If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.” To abide is to remain, to dwell, to live in. Jesus doesn't want us to just window shop, He wants us to take up residence in the word.

The more we are in the word, the more He shapes our worldview. The more we view the world through His eyes, the more He fuels our affections. And what is the result? Our desires and wishes become aligned with His own desires. As He grants those desires we experience His blessings.

Cultivate rhythms of rich, unhurried saturation in Scripture. Read slowly. Meditate deeply. Memorize faithfully. Let the Word dwell in you richly because where His Word is, there His presence is known and His peace is felt.

## C – Communion with Christ's People

The peace of God is not given for private enjoyment alone. God intends for that peace to flourish in fellowship. To enjoy the God of peace more fully, we must walk in communion with the people of peace. The God of peace has not called us to a private peace, but to a shared peace.

One of the great lies of our age is that peace is found in retreating from people. But biblical peace is deeply relational. You cannot fully enjoy the God of peace without walking closely with those who, like you, have been united to Christ through His blood. If you want to be face to face with Christ, you must be face to face with His body – the church.

Let me illustrate it this way. I'm a lifelong Laker fan. You could say it's in my blood. I was at Laker games while still in my mother's womb. When I talk about the Lakers, I don't say “the Lakers,” I say “my Lakers.” I say, “We” have 17 championships. I say, “We,” not the Celtics, have had the greatest teams ever assembled. That's how deep the identification runs. But I no longer live in Los Angeles. I live in

Warrior territory now. So when I see someone walking down the street wearing the Purple and Gold, there's an instant connection—a fist bump, a nod, maybe even a full conversation rehashing the glory days of Magic or Kobe. Total strangers feel like long-lost friends because we share the same allegiance. It's camaraderie based on a shared loyalty.

Now, if that's true over something as temporary and trivial as my favorite basketball team, how much more should it be true for Christians united to Christ? We're not just rooting for the same team—we've been redeemed by the same Savior, baptized into the same body, and adopted by the same Father. We don't just share a jersey—we share Christ Himself. We're bound together not by loyalty to a franchise, but by the blood of the cross. So when you walk into a local church as a Christian, you're not walking into a crowd of strangers— you're walking into a family reunion. That older man you barely know is your brother. That younger woman is your sister.

The Cross doesn't just create vertical peace, it also creates horizontal peace. The New Testament makes it unmistakably clear—Jesus didn't just reconcile us to God; He reconciled us to one another. Ephesians 2:14, "For He Himself is our peace, who made both groups one and broke down the dividing wall of the partition".

In the first-century world, few divisions were deeper than the hostility between Jews and Gentiles. But Paul declares something stunning here about Jesus: "He Himself is our peace." He doesn't say Jesus brings peace, or He teaches peace, but He's the very person who embodies and secures peace. He is peace personified. Jesus "made both groups one". This is supernatural. He creates a new humanity in Himself (Ephesians 2:15). Our unity is not a compromise but a new creation.

Now this side of the cross, Paul can say: Galatians 3:28, "There is neither Jew nor Greek, there is neither slave nor free man, there is no male and female, for you are all one in Christ Jesus."

If Christ broke down the dividing wall, the church is the evidence that it's truly gone. The church is not only the recipient of peace, it is the display of peace. Every local church is a visible declaration that Christ's reconciling work is real.

Consider the following passages:

Ephesians 4:3 "Being diligent to keep the unity of the Spirit in the bond of peace."

Philippians 2:1 "...being united in spirit, thinking on one purpose."

Romans 14:19 "So then let us pursue the things which make for peace and the building up of one another."

We live in a world of shallow connections. You can now access good sermons, podcasts, and worship music without ever entering a church or engaging in real relationships. But God's design is not just for you to be informed, but to be transformed in community.

Hebrews 10:24–25 exhorts, “And let us consider how to stimulate one another to love and good deeds, 25 not forsaking our own assembling together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near.” Acts 2:46–47, “And daily devoting themselves with one accord in the temple and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart, 47 praising God and having favor with all the people. And the Lord was adding to their number daily those who were being saved.”

Communion with Christ’s people is not optional—it is essential for enjoying the God of peace. The church is where love, accountability, service, joy, and mutual encouragement take root and grow. Where else on earth does that happen? What else on earth has the power to take enemies and make them family? Apart from the gospel what can bring such perfect unity out of dramatic diversity? What Christ creates in the church is not just the ability to tolerate one another. He creates a deep, joyful, sacrificial, gospel-rooted peace that unifies. Politics and policies can’t produce that kind of peace. Only the precious blood of Christ has that power.

## E – Entrust Everything to Christ’s Care

As we walk in fellowship with God’s people, we taste the joy and stability that shared peace brings. But even in community, our hearts still wrestle with worry and fear. So if we are to enjoy the God of peace continually, we must learn to entrust everything to Christ’s sovereign hands.

It’s going to be difficult for you to enjoy God if you want to control God. I don’t think anyone would admit to wanting to control God but we all want to control our circumstances. We want to control people and outcomes. We want to control the future. And yet, this level of control is impossible for us. In fact, coming to Christ means to surrendering the illusion of control. To enjoy the God of peace, you must cast your cares on Christ, and leave them there.

Jesus is the only source and sovereign sustainer of our peace. He holds the universe in His hands and He holds your future, your fears, your family, your friends, your finances, and whatever else comes to the forefront of your mind. When you embrace trust in *this* Jesus, peace envelops you. When you stop rehearsing what-ifs and start rejoicing in what is, your soul will be at rest.

It is fascinating to follow the fear of the disciples throughout Jesus’ ministry. Throughout the Gospels, the disciples were often restless due to fear, anxiety, or confusion. Their lack of peace was not because Christ was absent, but because they failed to trust Him. Whether it was fear of storms, lack of food, suffering, persecution, or some other type of uncertainty, their troubled hearts revealed a lack of confidence in Christ. They doubted His power, His provision, His wisdom, His presence, or His plan. In each moment, Jesus gently corrected them; not merely by solving their problem, but by revealing more of Himself. The consistent lesson is this: peace comes not from changed circumstances, but from a growing trust in the character of Christ. To enjoy the God of peace, we must entrust ourselves fully to Jesus Christ.

1 Peter 5:7 “Casting all your anxiety on Him, because He cares for you.”

“Casting” means to throw upon, to hurl something decisively away from oneself. It’s a strong, vivid verb that pictures a conscious act of release. The God of peace urges us to hurl our burdens onto His capable shoulders. Psalm 55:22 “Cast your burden upon Yahweh and He will sustain you; He will never allow the righteous to be shaken.”

Peter tells us we can cast all our anxieties on Jesus—every care, every worry, every concern, anything that causes you to divide your mind or distract your heart. Anything that keeps you up at night. You don’t have to try to manage your feelings. You can take all your real and raw feelings and cast them on Christ “because He cares for you”.

This is the ground of the command. Why should we cast our anxieties on Him? Because He cares. Not with a casual interest but with watchful, attentive concern “for you”. He doesn’t just care about problems in general, but about you specifically.

You’re not casting your anxiety into the void—you’re giving it to a God who loves you, sees you, knows you, and bears your burdens. There is no detail of your life too small for His loving concern.

## Conclusion: God's Peace Is Real, and You Can Know It

We've seen that peace like a river isn't found in a mindset or a mood, but in a man. In Jesus Christ, we don't just receive peace we receive the God of peace Himself.

Frances Havergal believed that. She wrote the words to her famous hymn, 'Like a River Glorious', not from a place of comfort, but out of a life poured out in service to Christ. Her final days were marked by physical weakness, but her soul was as strong as could be. On her deathbed at just forty-two years old, one of her doctors said to her as he left her room, "Good-bye, I shall not see you again."

She said, "Then you really think I am going?" He replied, "Yes."

"Today?"

"Probably."

"Beautiful," she said, "too good to be true."

Soon afterward she looked up smiling and said, "Splendid to be so near the gates of heaven!" She asked her brother to sing some hymns to her, then he said to her, "You have talked and written a great deal about the King, and you will soon see Him in his beauty."

"It's splendid!" she replied. "I thought He would have left me here a long while; but He is so good to take me now."

A little later she whispered, "Come, Lord Jesus, come and fetch me." And she sang one of her own songs.

Jesus, I will trust Thee,  
Trust Thee with my soul:  
Guilty, lost, and helpless,  
Thou hast made me whole:  
There is none in heaven,  
Or on earth, like thee;  
Thou has died for sinners,  
Therefore, Lord for me.

That is the joy of the believer; not merely that we get peace, but that we get Christ. And if you have Him, you have everything. You have a peace that stays through suffering, deepens in dying, and exults in eternity. Let us enjoy, not just what Christ gives, but Christ Himself.

Stayed upon Jehovah, hearts are fully blest,  
Finding as He promised, perfect peace and rest.