

INNER PEACE

The word **inner** means situated within or farther within; interior.

A second definition is that it is of or pertaining to the mind or spirit.

The definition of peace is the normal, nonwarring condition of a nation or group of nations. Another definition is an agreement or treaty to end hostilities. Still another definition is freedom from any strife, a state of tranquility or serenity.

The world in which we live is so complicated. We might not fear the bomb as much as we might fear the person handling it. But in God we are able to have peace, perfect peace. Each person wants peace of mind. Once we have peace of mind, then we are able to allow inner peace to enter in.

Peace of mind will give us emotional stability and mental health. Once we have this emotional stability the inner peace will come. We can't have inner peace without first having peace of mind. This inner peace is freely offered by God..

Read: Philippians 4:8 (NKJV)

Is there a continuous meditation in my mind on these things? Yes \_\_\_\_\_ No \_\_\_\_\_

Matthew 5:8 (NKJV)

Am I empty of stuff, so God can fill me with His spirit? Yes\_\_\_\_\_ No \_\_\_\_\_\_

John 14:27 (NKJV)

What still has me troubled and afraid? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Achieving peace of mind isn't easy. So many people worry about the past and the future. Too many people are unhappy as they are. As a result, they don't have peace of mind.

If our inner man is not at peace, our outer man is unhappy. To have true happiness, our inner man must be at peace. This peace is the peace that results when we allow God to dwell in our hearts.

What part of my past still has me bound to it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Read: Proverbs 4:23

Our human heart is a blood pumping organ. In the Bible the heart refers to the mind. Our mind is where we sort out various things.

Read Psalm 139:23-24

As we go through life, we will find disappointments. When we have the peace that only God can give, we know that everything will eventually be all right. We need to remember that God is with us, and He is in control. The heart is not only the center of spiritual activity, according to the Bible. It also operates all aspects of human life; our emotions and our feelings.

The words "heart" and "soul" are often used interchangeably.

Read Deuteronomy 26:16, John 16:33

The heart is also the focal point of the conscience. The conscience is a part of the heart. There was not a word for conscience in the Hebrew language, so the word "heart" was often used to depict this idea.

I am reminded of the Biblical example of the prodigal son. He left home and went out into the world. He had estranged himself from God and his family and friends. Before leaving home, he asked for his part of the family goods and it was given to him. He wasted his money in riotous living. He finally returned home where his father gladly welcomed him. This story is recorded in Luke 15.

Read in Luke 15:20

Who have you welcomed back in your life that hurt, or turned their back on you?

The conscience is aware of both reason and desire. Because of this, the heart needs to be changed before a person can obey God.

Read Psalm 51:10, Ezekiel 11:19, Psalm 29:11, Philippians 4:6-7

DISCUSSION AND STUDY QUESTIONS;

1) With so much turmoil in the world, how can I feel peaceful?

2) Where do we find peace of mind?

3) What must happen for us to have perfect peace?

Lookup a word or passage in the Bible