



## Peace of Mind

Let's talk about peace of mind. With the turmoil in so many worldly places, it is certainly easy to be lacking of this more important commodity. If you could value peace of mind as compared to a store house of gold, which has more intrinsic (inner) value? I vote for peace of mind. The Bible has a lot to say about peace, how to get it, and how to keep it. These valuable lessons can bring great profits into you life, far more profit than gold!

Long, long ago, God's people received noteworthy instruction related to how to amass peace.

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[6] Pray for the peace Phil 4



of Jerusalem: they shall prosper that love thee.

*God's instruction was to tell His people to "pray" for peace.*

Hey, if it worked then, why not now. Just change the object of the prayer to peace, and wah-la, there you will have it – peace!

One of my personally favorite "peace" sections lies in Philippians 4.

[4] Rejoice in the Lord always: and again I say, Rejoice.  
 [5] Let your moderation be known unto all men. The Lord is at hand.  
 [6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  
 [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Here, we find a four step process to obtaining peace. Do you want to know why I enjoy this section so much? I enjoy it because it is written to Christians, and because it is so easy to follow. It makes sense and it is so practical.

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When you are in a crisis, or a crazy worldly, peace-robbing situation, what solution could be better?

*Step one:* Start rejoicing. That's right. Stop being sad, down in the mouth, depressed or otherwise and start rejoicing. What does "rejoicing" mean? It means to have joy over and over and over again. Not just twice either. To rejoice is to have it many times over. *When was the last time you had joy over and over again?* How about joy only a couple of times? If you're running out of fingers to count your joy-experiences on, great! But if you are staring at one hand and haven't gotten off the first or second finger, this lesson was written especially for you!

To be joyful, you have to first have room inside so that some joy can be poured in. Maybe you

have too many negatives floating around in there. Maybe you have been focusing on too many sad sacks and facts. Why not change what you read and watch for a while? Change those things to happy things, God's Word, and very positive promises from God to you! If you do, you are certain to change your doubt, worry and fear to trust, confidence, and believing. Don't be alarmed. If you change what your mind is processing, you'll start to experience something different. If you change to those positive things, you'll start to experience positive results, one of which will be rejoicing. You'll start to find reasons to have joy. I think *the greatest reason to have joy is to realize that you are God's child.* I don't know of anything more significant than this. Try thinking about eternity with God and His family. Before you know it, you'll have many reasons to be

joyful. You'll understand what it means to "rejoice in the Lord!"

**Step two:** Be "yielding on insignificant matters" – that's what "moderation" means! How many times have you made a big deal out of something small – really small? We all have, and probably for more than we care to remember. But, there's no better time than the present to stop with the old, and start with the new. Ever heard, "don't make a mountain out of a molehill"? That's another way to view "yieldingness." God wants us to be reasonable in our approaches to life's problems. Here's the problem. *If you are always being highly dramatic over issues that really don't need so much drama,* you are spending a whole lot of life's energy, or should I say, wasting a whole lot of life's energy on silly stuff.

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When they are dealing with life-problems, I often tell my family to “ignore the drama” and “deal with the business.” Pick out what needs to be solved and ignore the rest. Doing so will help you feel a lot better and it will certainly help you develop a fertile ground for those seeds of peace.

**Step three and four** come as a unit: Stop getting so anxious when you need something and start praying with prayers of thankfulness. In our fellowships, you quite often hear people pray saying, “Father, thank you for ...” One time, I heard that someone asked, “Who is Father Thankyoufor.” Haha. That was because the person praying said it so fast that it actually sounded like that. God wants us to pray, AND He wants us also to be very thankful. He wants to hear our requests, but He especially wants us to control our

thoughts and words to emanate a wonderful thankfulness TO HIM! Why? Because HE is the ONE who answers your prayers. *Can you imagine how blessed you could become if you stopped being anxious for ANYTHING,* and started asking God for EVERYTHING because NOTHING worried you ANYMORE? That’s what God wants for you. Why not give it a try??

Here’s the clincher: If you get busy rejoicing over and over again; if you stop making mountains out of molehills, letting bygones actually become bygones; and if you command anxiety out of your way of life, you will have PEACE! So much peace that you won’t even understand its’ magnitude. So much peace that it will protect your heart and mind no matter what you go through in this crazy ole world.

So, tell me, wonderful believer. Are you interested in obtaining and retaining peace? If you are, you have a formidable task before you. You actually have to make some changes to your way of life. If you have little to no joy, you must start feeding on things that will introduce joy into you. If you use far too much drama in the way you handle situations, you need to stop the acting and start the problem solving. Focus on the business at hand and fix the problem and move on. If you suffer anxiety attacks as a Christian, you need to build up your trust in God. Allow Him to care for you and provide your every need. Rejoice! Yield! Pray! PEACE! Enjoy a new-found life.

Much love in Christ,

Jerry D. Brown