

God's Peace for Troubled Hearts

*"Thou wilt keep him in **perfect peace**, whose mind is stayed on thee: because he trusteth in thee." (Isaiah 26:3)*

We live in a world full of trouble, care and uncertainty. We are easily prone to become anxious and troubled. How can one have peace in the midst of turmoil and chaos? The only way to have peace of mind and of heart is by having God's peace. The Bible describes God's peace as "surpassing all understanding" (Phil. 4:7) and "like a river." (Isaiah 48:18). There are five ways through which we can have God's peace:

1. Through Christ Alone

*"Therefore, having been justified by faith, we have **peace** with God through our Lord Jesus Christ." (Rom. 5:1)*

*"**Peace** I leave with you, My **peace** I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (John 14:27)*

*"These things I have spoken to you, that in Me you may have **peace**. In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)*

*"For He Himself is our **peace**, who has made both one, and has broken down the middle wall of separation." (Eph. 2:14)*

*"And He came and preached **peace** to you who were afar off and to those who were near." (Eph. 2:17)*

*"**Let not your heart be troubled**; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you." (John 14:1-2)*

2. Through the Holy Spirit

*"But the fruit of the Spirit is love, joy, **peace**, longsuffering, kindness, goodness, faithfulness." (Gal. 5:22)*

3. Through Prayer

*"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the **peace** of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Phil. 4:6-7)*

4. Through the Word of God

*"**Great peace** have those who love Your law, And nothing causes them to stumble."
(Psalm 119:165)*

5. By Meditating and Walking with God

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