



THE
INBREAKING
KINGDOM

PEACE

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40 Ways to Create Peace of Mind

By Lori Deschene



"Get peace of mind as your highest goal, and organize your life around it." ~Buddha

There was a time when I thought peace was a destination, in much the same way I think about happiness or success.

It seemed like something I needed to chase or find—definitely not something I could find without first changing myself.

I needed to work less, relax more, and generally revamp my circumstances and relationships to be a peaceful person.

Despite seeing peace as an endpoint, I also saw it as something possible, after all, it's **always** there. I had so much to do.

I've since realized that peace is always available, and like any desirable state of mind, it's up to me to create it.

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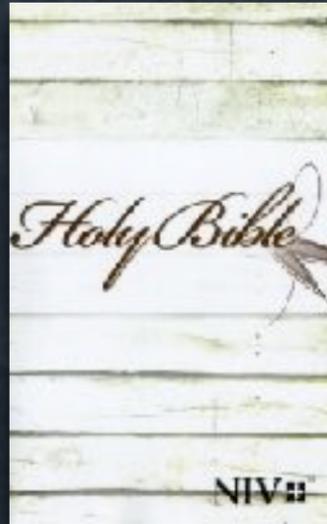
God created us to experience peace in relationship

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 9:6



I. The Inbreaking Of Peace



Luke 2:8-14

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II. What Kind Of Peace Are We Talking About?

- A. Peace in the midst of storms (Luke 8:22-25)
- B. Peace in the midst of inner turmoil (Luke 8:26-39)

¹²Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance? ¹³Who can fathom the Spirit of the Lord, or instruct the Lord as his counselor? ¹⁴Whom did the Lord consult to enlighten him, and who taught him the right way? Who was it that taught him knowledge, or showed him the path of understanding?

Isaiah 40:12-14



²⁵“To whom will you compare me? Or who is my equal?” says the Holy One. ²⁶ Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

Isaiah 40:25-26



²⁷Why do you complain, Jacob? Why do you say, Israel, “My way is hidden from the Lord; my cause is disregarded by my God”? ²⁸Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. ²⁹He gives strength to the weary and increases the power of the weak.

Isaiah 40:27-29



III. How Do We Get Some Of This Peace?

A. We must become a people of the presence of God

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²⁴The Lord bless you and keep you; ²⁵ the Lord make his face shine on you and be gracious to you; ²⁶ the Lord turn his face toward you and give you peace.

Numbers 6:24-26



²⁶But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Numbers 6:24-26



The Holy Spirit in Paul's writings was always thought of in terms of the personal presence of God. The Spirit is God's way of being present. Whatever else the Holy Spirit was for the Apostle Paul, he was always an experienced reality.

Gordon Fee



III. How Do We Get Some Of This Peace?

A. We must become a people of the presence of God

B. We cultivate the presence of God in our lives

1. *Humility is the pathway to the garden of intimate friendship with God*
2. *Intimacy with God grows like a garden grows*
 - a) *You've got to do the weeding: Confession & Repentance*

⁹If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰ If we claim we have not sinned, we make him out to be a liar and his word is not in us.

1 John 1:9-10



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B. We cultivate the presence of God in our lives

1. *Humility is the pathway to the garden of intimate friendship with God*

2. *Intimacy with God grows like a garden grows*

a) *You've got to do the weeding: Confession & Repentance*

b) *You've got to do the watering: Opening your spirit to the presence of God*