

Let the Peace of Christ Rule in Your Heart

You can have peace in the midst of a storm!

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Peace. The world defines peace as freedom from war or hostilities, freedom from strife or dissension, or freedom from mental disturbance. [The American College Dictionary] In the world's view, only if there is no turmoil can there be peace.

The Christian, however, can have peace in the midst of turmoil.

Peace.

I will hear what God the LORD will say;

For He will speak peace to His people, to His godly ones.

Psalm 85:8

How has God spoken peace to us?

Through Jesus Christ, His Son.

Jesus said, *“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.”* John 14:27

Jesus has given us peace. It is a gift from Him. However, why is it that so often we are not at peace in our hearts? Why is anxiety quick to rise to the surface and raise our blood pressure and disrupt our sleep? It is because we LET our heart be troubled and we LET it be fearful. In effect we give permission for ourselves to be anxious. This is contrary to what Jesus tells us to do in John 14:27. He says, **“Do not let your heart be troubled, nor let it be fearful.”**

Instead of letting our hearts be anxious, we must *“Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.”* Colossians 3:15

How do we “Let the peace of Christ rule” in our hearts?

1. We must love the word of God and hide it in our hearts.

Those who love Your law have great peace,

And nothing causes them to stumble.

Psalm 119:165

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. John 16:33

The word of God is like a salve to soothe us, comfort us, encourage us, teach us.

When we are in trouble we don't have time to pull out a concordance or fire up the computer to do a word search in our Bible program. We need to have that comforting scripture in our minds instantly, if not sooner! The only way we can have that happen is to have memorized scriptures. When we have memorized a scripture the Holy Spirit can recall it to our mind at the time we most need it either to help ourselves or to help someone else who is going through a difficult time.

Yes, it's work to memorize scripture, but if you love the word of God it will be delightful work.

The following are suggested passages to memorize that are helpful in the midst of turmoil:

Psalm 46
Philippians 4:4-8
John 14
Psalm 23
Matthew 6:25-34
I Peter 5:7
Psalm 121

2. We must pray and be thankful, no matter what.

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.

Philippians 4:6-7

Notice that this scripture says in **everything**. Everything is a decidedly inclusive word, isn't it? It does mean **all** things, however this scripture does not mean that we must be thankful **for** all things but **in** all things. Obviously we would not be thankful for a diagnosis of cancer, however we can be thankful that God's grace is sufficient for every circumstance; thankful that He does not allow us to go through more than we can bear, and thankful that when He says, "Fear not," He also gives us the strength to obey.

3. We must be steadfast of mind regarding the character of God and His promises.

*The steadfast of mind You will keep in perfect peace,
Because he trusts in You.
Trust in the LORD forever,
For in GOD the LORD, we have an everlasting Rock.*

Isaiah 26:3-4

Do not let your heart be troubled; believe in God, believe also in Me. John 14:1

For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.
Romans 8:6

Two women are told by Jesus to “Go in peace.”

In Mark Chapter 5 (vs. 25-34) is the story of the woman who had a hemorrhage for twelve years, and how she sought Jesus for healing.

Here is a woman who had been bleeding for 12 years. This meant that she was ceremonially unclean that entire time. She could not go to the temple to worship, she could not be touched without making someone else unclean. She could not even hold her children without making them unclean. She was an outcast in many ways. She had gone to numerous physicians and had actually been made worse by their clumsy ministrations. Her life was full of disappointment and turmoil.



However, after hearing about Jesus, she came up behind Him and touched Him. When she was doing this she thought to herself, *“If I just touch His garments, I will get well.”* She was healed, and later Jesus told her, *“Daughter, your faith has made you well; go in peace and be healed of your affliction.”* Even though she had only heard about Jesus and had not actually seen him perform a miracle, she believed in His power as the Son of God. She was steadfast of mind, she trusted Jesus, and

her faith was rewarded. Jesus tells her to *“Go in peace.”* All of the previous cares, frustrations, hurts and anxieties fell away; she let the peace of Christ rule in her heart.

Another woman was also told by Jesus to *“Go in peace.”* Her account is found in Luke 7:36-50. This woman was likely a prostitute, and she was tormented and troubled in spirit because she knew she bore a great burden of sin. She learned that Jesus had been invited to dine at a Pharisee’s house and she took an alabaster vial of perfume, knelt behind him and wet His feet with her tears, wiped His feet with her hair, kissed His feet, and anointed His feet with the perfume.

Understand that it took great courage for her to go to the Pharisee’s home. To enter that house would risk being scorned and rejected by a powerful and judgmental man and his friends. She knew that Pharisees operated that way.

However, what she was seeking was not the acceptance of a man, but the forgiveness of the Son of God. Notice that she couldn’t even face Jesus because of her shame. She approached Him from behind and kissed and anointed His feet.

The wonderful thing is that Jesus did not draw away from her touch. He did not reject her even though her sin made her unclean indeed. And while she touched Him, He used her as an object lesson for Simon the Pharisee, telling him that *“her sins, which are many, have been forgiven, for she loved much; but he who is forgiven little, loves little.”*

Jesus tells her, “*Your faith has saved you; go in peace.*” The burden of sin had been lifted from her spirit, she was no longer unclean but white as snow; by seeking God for forgiveness she let the peace of Christ rule in her heart.

What about you?

- Do you fear the future? Trust in God for He is an everlasting Rock.
- Do you worry about your health? Set your mind on the Spirit wherein is life and peace.
- Are you troubled with doubt? Be steadfast of mind. Believe in God. Have faith.
- Do you have a burden of sin? Go to Him who forgives.
- Love the word of God, hide it in your heart, and in everything give thanks.

And then...Go in peace.

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