

The Bible Plan for Personal Peace: Things Persons at Peace Refuse to Believe

(Compiled by Paul R. Blake from multiple sources)

Introduction:

A. God promises peace to His children, even in this tumultuous, fallen world; however, it is something that we must consciously pursue.

1. Prov. 3:1-2; Psalm 4:6-8, 37:11, 37; Isa. 26:3; John 16:33

B. Peace quotes:

1. "The punishment of every disordered mind is its own disorder."
(Augustine of Hippo, Confessions)

2. "For most men the world is centered in self, which is misery; to have one's world centered in God is peace." (Donald Hankey)

3. "No one has ever achieved peace of mind by examining and changing the world. True peace of mind can only be achieved by examining and changing oneself." (Joseph Rain)

I. THINGS PERSONS AT PEACE REFUSE TO BELIEVE

(Developed from "10 Things Happy People Don't Believe" by Stephanie Hall)

A. "Life is supposed to be fair."

1. No it is not. This is a fallen world in which sin and death exists.

2. Happiness isn't about always getting what we want. People at peace understand that sometimes life doesn't turn out as expected.

3. What they do know, is that they can only do their best, forgive what doesn't work, and move on to what does work.

4. Let go of the dreams and plans that cannot come to pass. (What I was expecting in life at this point.)

5. Job 1:20-22

B. "Suffering is bad."

1. Suffering is an inevitable part of the human condition. We cannot live in this world without at least a little suffering.

2. People at peace know a deeper, richer appreciation of life comes through surviving deep pain. We learn who we really are when faced with such burdens.

3. James 1:2-4

C. "I'm in control of everything in my life."

1. As hard as we work, and as much as we try to plan it all out, we're just not in control of the people, the world, or the circumstances around us.

2. We cannot control the actions or thoughts of others. In order to find peace, we must accept this inescapable truth and learn to be proactive rather than reactive to life's surprises and mishaps.

3. Phil. 1:12-14

D. "People should love me the way I want to be loved."

1. If our peace of mind is dependent on how other people feel about us, we will never be at peace. Some constantly worry about what others are thinking about them and feeling toward them.

2. We can't please everyone and we certainly can't force anyone to love us in a specific way. People at peace accept the way others feel; they are content to be known and loved by God.
 3. We give others the benefit of the doubt and assume that they are loving us the best way they can under the circumstances.
 4. If we are troubled by the way others love us, trust them enough to say something about it to them, rather than harboring disappointment from unrealized expectations.
 5. Mark 12:42-44
- E. "Everyone hates me."
1. This is a toxic belief and a delusion, yet sadly a great proportion of troubled people fall prey to this.
 2. People at peace with God and themselves face the world with a healthy dose of curiosity and nonchalance. They are interested in others, yet are not dependent on being loved in a specific way.
 3. 1Kings 19:14, 18
 4. It is enough to be loved by God - 2Tim. 4:16-17
- F. "I can't."
1. If we believe we are incapable and let that belief keep us from peace, then ultimately we give truth to a self-imposed fallacy. The only way to improve and succeed at anything is to try repeatedly until we succeed.
 2. Num. 13:30-32
- G. "I have something to prove."
1. Troubled people seek peace and happiness through the approval of others. Unfortunately, that approval is impossible to achieve because it is caused by lack in us that will never be satisfied.
 2. We should strive for the approval of God and a clear conscience.
 3. Acts 24:16
- H. "It doesn't matter."
1. This is just an excuse. It's what troubled people tell themselves to avoid confrontation when they've been mistreated, or lack of courage they don't follow their dreams.
 2. Peace and happiness matters. Personal respect matters. Don't dismiss our needs to avoid responsibility for our own well-being.
 3. Prov. 29:25
- I. "My life would be at peace, if only I were _____ (fill in the blank)."
1. "If only I were skinnier, prettier, smarter, had a better job, better house, better neighbors, better family, and a better church.
 2. It is okay to work on improving our lives; we're always in a state of learning, growing, changing; but, it is not good to make ourselves miserable and troubled by our weaknesses and limitations.
 3. Phil. 4:11-12; 2Cor. 12:8-9
- J. "I'm too old."
1. We are never too old. Yes, we may look silly, and it may be harder than expected, but it's never too late to choose to be at peace.
 2. We can choose it every day, whether we learn this early or late in life. Life is unpredictable. The only sure thing is we're all getting older only one day at a time - Joshua 14:10-12