

# The Bible Plan for Personal Peace

Things People At Peace  
Do Differently Than Others

## Things People At Peace Do Differently Than Others

- The secular world understands that peace requires effort. It is not about being comfortable, but it is about cultivating and maintaining the conditions that make for peace, not simply with God and others, but also with oneself.
- “It isn’t enough to talk about peace. One must believe in it. And it isn’t enough to believe in it. One must work at it.” (*Eleanor Roosevelt*)
- “The more we sweat in peace, the less we bleed in war.” (*Vijaya Lakshmi Pandit*)

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- Express gratitude often.
- 1Thes. 5:16-18 - “Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.”

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- Deliberately choose to cultivate optimism.
- Psalm 43:4-5 - “Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God. 5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

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- Avoid over-thinking and social comparison.
- 2Cor. 10:12 - “For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”

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- Practice acts of kindness.
- Prov. 19:22 - “What is desired in a man is kindness...”
- Col. 3:12 - “Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering.”

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- Build strong, healthy, lasting friendships.
- Prov. 18:24 - “A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.”
- Prov. 27:9, 17 - “Ointment and perfume delight the heart, And the sweetness of a man's friend gives delight by hearty counsel...  
17 As iron sharpens iron, So a man sharpens the countenance of his friend.”

## Things People At Peace Do Differently Than Others

- Develop strategies for coping.
- 2Cor. 4:8-9, 14 - “We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; 9 persecuted, but not forsaken; struck down, but not destroyed... 14 knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you.”



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- Learn to forgive.
- 2Tim. 4:14 - “Alexander the coppersmith did me much harm. May the Lord repay him according to his works.”

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- Learn to focus.
- Phil. 3:13-14 - “Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.”

## Things People At Peace Do Differently Than Others

- Savor life's joys.
- Matt. 14:23 - "And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there."
- Psalm 143:5 - "I remember the days of old; I meditate on all Your works; I muse on the work of Your hands."

## Things People At Peace Do Differently Than Others

- Commit to goals.
- Heb. 10:35-39 - “Therefore do not cast away your confidence, which has great reward. 36 For you have need of endurance, so that after you have done the will of God, you may receive the promise: 37 For yet a little while, And He who is coming will come and will not tarry. 38 ‘Now the just shall live by faith; But if anyone draws back, My soul has no pleasure in him.’ 39 But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.”

## Things People At Peace Do Differently Than Others

- Practice spirituality.
- 2Cor. 4:16-18 - “Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”

## Things People At Peace Do Differently Than Others

- Take care of the body.
- 1Cor. 6:19-20 - “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

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- Phil. 4:6-9 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”