

The Bible Plan for Personal Peace: Things People at Peace Do Differently Than Others

(Compiled by Paul R. Blake from Multiple Sources)

Introduction:

- A. 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.
 - 1. "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)
 - 2. "The more we sweat in peace, the less we bleed in war." (Vijaya Lakshmi Pandit)

I. THINGS PEOPLE AT PEACE DO DIFFERENTLY THAN OTHERS

(Developed from the writings of Stephen Covey)

- A. Express gratitude often. When we appreciate what we have, what we have appreciates in value. If we aren't thankful for what we already have, we will have a hard time ever being at peace with what God has given us.
 - 1. 1Thes. 5:16-18
- B. Deliberately choose to cultivate optimism. People who think optimistically see the world filled with opportunities; and, believing in opportunities gives hope that can sustain us, especially in trying times.
 - 1. Psalm 43:4-5
- C. Avoid over-thinking and social comparison. Comparing ourselves to others can poison our peace of mind. The only persons we should compare ourselves to are the persons we were yesterday and the Lord we want to be like tomorrow.
 - 1. 2Cor. 10:12
- D. Practice acts of kindness. Selflessly helping someone is a powerful way to feel fulfilled and full of godly purpose. In addition, it builds peace with others and assures us of our peace with God. We cannot help but feel more at peace with ourselves.
 - 1. Prov. 19:22; Col. 3:12
- E. Build strong, healthy, lasting friendships. The most peaceful and happy people are those who have deep, meaningful relationships. It confers emotional health that often translates into physical health.
 - 1. Prov. 18:24, 27:9, 17
- F. Develop strategies for coping. Bad things happen to everyone, including and often especially to persons at peace. The Adversary is jealous of them and increases his assaults against them trying to break their calm. It helps to have healthy strategies for coping with unexpected life changes.
 - 1. 2Cor. 4:8-9, 14
- G. Learn to forgive. Harboring grudges, rage, and hatred is horrible for our well-being and peace of mind. Even if our antagonist never repents, refuse to dwell on it. He hurt us the first time when he harmed us; we hurt ourselves a second time when we replay it over and over again in our hearts and minds.
 - 1. 2Tim. 4:14

- H. Learn to focus. The “zone” is a state in which it feels like time stands still. It’s when we’re so focused on what we’re doing that nothing distracts or competes for our attention. Learn to shut out distractions; we have the power to decide and control what we think about while we experience it.
 - 1. Phil. 3:13-14
- I. Savor life’s joys. Peace and contentment cannot exist without slowing down to enjoy the joyful moments. Slowly savor the moment; it will imprint a pleasant memory that can help sustain us in unpleasant times. Take time to go away from everything, sit amid God’s creation, and meditate and pray.
 - 1. Matt. 14:23; Psalm 143:5
- J. Commit to goals. Perseverance is key. Progress inexorably happens when we commit ourselves to accomplish our goals. Progress emboldens and gives us strength to persist longer and to hope more fervently.
 - 1. Heb. 10:35-39
- K. Practice spirituality. Recognize that life is bigger than us, or the next paycheck, or the next meal, or job, or house, or car, etc. We often think that ourselves and our needs are the be all and end all of our existence. We are an eternal spirit housed in a temporary body. The needs of the eternal spirit are far more important than the needs of the temporary body.
 - 1. 2Cor. 4:16-18
- L. Take care of the body. Nutrition and exercise are crucial to being well-balanced; but more importantly, it will facilitate health, which will in turn enable us to do all of the things listed above with peace and pleasure.
 - 1. 1Cor. 6:19-20

Conclusion:

- A. Phil. 4:6-9