

Faith Fight Podcast - How To Have Peace In Your Life

People have been fighting over peace for thousands of years. Peace between countries, Peace between different groups or causes or even peace with your siblings. These are just an example of areas where we strive for peace. However, the most valuable type of peace that you can ever experience is inner peace in your spirit. There are so many things that can come against you every day that try to steal your peace. But it is possible to acquire the peace of God and keep it from being robbed from you. Let's jump into this episode and see what the bible has to say.

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. - **Philippians 4:8-9***

It's not what happens to you but how you react that really matters. How you react is totally dependent on your character. Your character is determined by your habits and what you do. What you do is determined by how you think. This is why you need to focus on the areas that Paul mentioned in these verses. Focus on these things and it will help you to continue to have peace in your life.

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. – **Colossians 3:12-15***

This verse gives us a formula on what we need to do in order to have peace rule in our hearts. I love formulas that you can follow, so I'm going to take you back to high school math class for this one. Basically, your character needs to be one that shows, compassion, kindness, humility, gentleness and patience. In your relationship with others, you need to remember to forgive anyone who you are holding anything and walk in love. Finally, to be thankful in all situations which speaks to your contentment. Result of this is that you will have peace in your heart. The formula should read **[(S+C+K+H+G+P)+For^x +(L) (Tlx)] = Peace**

*The Lord sits enthroned over the flood; the Lord is enthroned as King forever. The Lord gives strength to his people; the Lord blesses his people with peace. - **Psalms 29:10-11***

Know that during tough situations where you may feel like you will be swept away by the circumstances, know that God is enthroned over all.

*In that day this song will be sung in the land of Judah: We have a strong city; God makes salvation its walls and ramparts. Open the gates that the righteous nation may enter, the nation that keeps faith. You will keep in perfect peace those whose minds are steadfast, because they trust in you. - **Isaiah 26:1-3***

Isaiah 26 is a song that was revealed to Isaiah that express trust in God. The people will praise God on the day of the Lord when Christ establishes his kingdom. The people can have peace by keeping their minds fixed on Gods promises. Likewise, when you keep your mind fixed on God's promises to you it will give you peace in your heart. Keeping your mind on Jesus is one of the keys to having lasting peace in your life. The way that you keep your mind on Jesus is to trust that no matter the situation, Jesus will work it out for the better. Ou can only get to this conclusion through regular reading of the Word of God.

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." - **Matthew 11:28-30***

A yoke is a heavy wooden harness that fits over the shoulders of an ox. It is attached to a piece of equipment that an ox can pull to till the ground. Jesus frees people from all these burdens. The rest that Jesus promises is love, healing, and peace with God. A relationship with God changes meaningless wearisome toil into spiritual productivity and purpose.

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. - **John 14:27 ESV***

The end result of the Holy Spirit's work in our lives is deep and lasting peace. Unlike worldly peace, we have no need to fear the present or future. If your live is full of stress, allow the Holy Spirit to fill you with Christ peace. There is a clear distinction when God gives you peace. It is different from the world's peace because the world's peace usually has conditions hidden behind it.

*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." - **John 16:33 ESV***

As Christians, we should expect continuing tension with an unbelieving world that is "out of sync" with Christ. At the same time, we can expect our relationship with Christ to produce peace and comfort because we are "in sync" with Christ

*Casting all your anxieties on him, because he cares for you. - **1 Peter 5:7 ESV***

How do you cast your anxieties on him? You do this through prayer. Pray and say "God I commit this situation into your hands " Once you pray that, then don't go away and start to think negatively about the situation or try to figure it out by yourself. By doing that you take the anxiety out of God's hands and put it back into your own.

*Two or three prophets should speak, and the others should weigh carefully what is said. And if a revelation comes to someone who is sitting down, the first speaker should stop. For you can all prophesy in turn so that everyone may be instructed and encouraged. The spirits of prophets are subject to the control of prophets. For God is not a God of disorder but of peace—as in all the congregations of the Lord’s people. - **1 Corinthians 14:29-33***

In worship, everything must be done properly and in an orderly manner. Even when the gifts of the Holy Spirit are being exercised, there is no excuse for disorder. When there is chaos, the church is not allowing God to work among believers as he would like. If God is doing anything in your life, you can look for peace in your heart and the situation to move in an orderly manner.

Weekly Prayer Plan

How To Have Peace In Your Life

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

- 1. DRAWING NEAR TO GOD - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”**

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION** Joshua 1:8 “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: **Philippians 4:8-9**

Tuesday: **Isaiah 26:1-3**

Wednesday: **Matthew 11:28-30**

Thursday: **1 Peter 5:1-7**

Friday: **John 16**

Saturday: **Psalms 29**

Sunday: **John 14:15-31**

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.