



# What is the Meaning of **Peace**?

Psalm 34:14 KJV

Depart from evil, and do good; seek peace, and pursue it.

## 3 Areas of Peace Important to Our Life:

1. Peace with God
2. Peace with One Another
3. Peace with Ourselves

Be willing to look at yourself honestly, diligently seeking to have peace with God. Having peace with God starts with Jesus. It's the root of all other peace in our life even though at peace with ourself is hardest. We shouldn't compare ourselves with anyone else because we were not created using any others mold; we are unique, literally.

## Evidence of Not at Peace With Oneself:

1. Don't like how they look.
2. Feel inadequate about everything in life.
3. Feel unworthy to be a friend to others.
4. Insecure about themselves.
5. Feel they don't fit in any group.
6. Feel rejected even though no one has rejected them.
7. Feel unlovable and therefore unwanted.
8. They overly make fun of themselves.
9. Always criticizing themselves.

Anyone who feels this way is at war with themselves. It saps their energy, drains their motivation and prevents them from being as outgoing as God intends them to be. Don't be constantly battling yourself emotionally, God accepts you as you are, he loves you enough to long for you even when you're in the midst of sin.

## What Makes it Worse is When We:

1. Deny your feelings.
2. Feel imprisoned by your own insecurities.
3. We don't accept when other people compliment us.
4. Any compliment is rejected and becomes a hurtful insult to us.

Why are we harder on ourselves than God is. Why do we not show ourselves any mercy when God shows us all kinds of mercy. Too much being hard on ourselves just wears us down to nothing, doesn't sharpen us into something better, over sharpening a knife makes it ultimately become useless. If you could ask God "What do you like about me?" He would have a very long list because he doesn't create anything that doesn't have a great purpose.

## How can I Begin to be at Peace With Myself?

I need to rid myself of sin through the blood of Jesus. This eliminates anything that stands in between God and me. I need to accept that God has created me with unique talents and gifts because he has a purpose for me that only I can do. He created me only once to fulfill a purpose that will only happen once in history.

## Distinguish Between Peace WITH God and the Peace OF God:

### Peace WITH God:

1. We cannot have peace while we are in rebellion with God.
2. Without the blood of Christ, we remain IN sin, and sin prevents us from being reconciled with God.
3. We cannot gain back peace through our works or through our own desires to seek God. Peace enters our life ONLY through Jesus and he is the source of our peace because through him we are saved and have an eternal security that cannot be taken away from us.

### Peace OF God:

1. In the same way that the surface of the ocean can be wild and turbulent, yet 100 feet down the water is quiet, is the same way our life can be in the midst of chaos and yet we feel at total peace.
2. The peace of God transcends our understanding and can occur when we think it's most unlikely.
3. Lasting or true peace is not something we can control or create through our own ability.

We don't have the capacity in our minds to understand what real peace is apart from God, even the wisest reasoning fails to define it. Similar to not being able to control being in love, we don't control being at peace; both only come from God.