

Peace of Mind

Endless achievements directed at making the world a safer, better place have only made life more complex and complicated. In many ways people have it easier than their parents, yet they are more uneasy. People are weary and worried. Beyond question there is a need for direction and counsel, security and confidence. We need and want peace of mind.

Peace of mind-is a treasure! Can this treasure actually be found in a world of so much conflict and despair, of so much turmoil and trouble?

The great search is on! Multitudes are seeking peace in fame and fortune, in pleasure and power, in education and knowledge, in human relationships and marriage. They desire to fill their heads with knowledge and their purses with wealth, but their lives remain empty. Others are seeking to escape the realities of life with drugs or alcohol, but the peace they seek eludes them. All their seeking only takes them in a vicious circle of frustrations and futility. They are still empty and lonely, still in a troubled world with a troubled mind.

Many search among outward and tangible things, but neglect to look within. They are afraid of what they may discover. They would like to blame a troubled world for their troubled minds, but the cure must begin within their own hearts.

God created man and placed him in a beautiful garden to enjoy perfect peace, joy, and happiness. But when Adam and Eve disobeyed, they were at once stricken with guilt. Before they had longed for the presence of God, but now they hid themselves with shame. Guilt and fear replaced the peace and happiness they knew. Here was the beginning of a troubled world-and a troubled mind.

Like Adam and Eve, when people are out of tune with God, fears and anxieties crowd into their life. When they focus their attention on the uncertainties of life, on a changing, decaying world, their security and confidence are shaken. Peace is disturbed.

Sin has separated man from God. (**Romans 3:23**). "All we like sheep have gone astray"

(**Isaiah 53:6**). "All have sinned and come short of the glory of God" Guilt, fear, irritation, resentment, selfishness, and other hostile impulses plague man wherever he goes. They bring weariness and mental exhaustion.

The love of self was at the root of the first disobedience of man. It continues to be one of the basic evil inclinations that take people down the path of despair and heartache. When man becomes self-centered in his wants and ambitions, they become anxious and fretful. The longer man travels the path of self-centeredness, the more troubled he becomes.

Instead of seeing ourselves as the center of existence, we need to turn to God and make Him our central purpose in life. Without God as man's center, he falls easy prey to petty worries, self-

pity, fears, and anxiety. With God in the center, every area of man's life will reach out from the "hub" like spokes in a wheel and make life complete and worth living. Only a heart centered in God can be kept steady and peaceful.

The psalmist declares, (Psalm 57:7). "My heart is fixed, O God, my heart is fixed, I will sing and give praise" With his whole trust in God, he could rejoice in quietness of mind.

With our hearts fixed on God, we have inward peace in the midst of outward troubles. It is possible to be "troubled on every side, yet not distressed ... perplexed, but not in despair" (2 Corinthians 4:8).

Jesus invites all men to the most meaningful, life-changing experience. (Matthew 16:24). "If any man will come after me, let him deny himself, and take up his cross, and follow me"

(2 Corinthians 5:17). "Therefore, if any man be in Christ, he is a new creature: old things have passed away; behold, all things are become new" Will you accept His invitation, "Come unto me"? He offers light for darkness, trust for doubt, peace for strife, joy for sorrow, rest for weariness, hope for despair, and life for death.

God made man to long to be in fellowship with Him. (Psalm 42:1,2 "As the hart pants after the water brooks, so pants my soul after thee, O God. My soul thirst for God, for the living God"). Only the living God will satisfy the soul. Of this you may be certain: we will never be at peace until we are at peace with God.

Although we long for God, our sinful nature rebels at His ways. Man is entropy to God. Part of us yearns for God and part of us reaches for fleshly desires. Our hearts are a battleground of continual conflict. This inner struggle causes tension and excessive strain.

Without God we are "like the troubled sea, when it cannot rest, whose waters cast up mire and dirt" (Isaiah 57:20).

There can be no peace until all of life—mind, body, and spirit—are coordinated by the One who made us and understands us. He is not only master of the world but knows your life and mine from the beginning to the end. He was thinking of us when He came into the world

(Luke 1:79). "to give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace".

As the Prince of Peace, He invites people of all nations to come to Him. (Matthew 11:28). "Come unto me, all ye that labor and are heavy laden, and I will give you rest" When you come to Him, you will find relief and relaxation in the freedom He gives.

Our peace will be as a river (Isaiah 48:18) — an active, sparkling peace that is refreshing and strong, a peace that passes all understanding. (Philippians 4:7)

When we come to Jesus, casting our burden upon Him? He says,

(John 14:27). "Peace I leave with you, my peace I give unto you ... Let not your heart be troubled, neither let it be afraid"

When we came to Jesus Christ with our whole heart, our search for peace of mind is over.