

How to Find Peace of Mind -
an application of **John 16:33 ESV**

Introduction

A *Problem:* We all face things that cause unrest within.



1. Damage coming from our past.
2. People who will not change.
3. Circumstances which we can't control.
4. Difficulties which we cannot explain.
5. Uncertainties about the future.

B. *Solution:* **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*

1. *Insight:* God's peace is an inner quality affecting the heart and mind, no matter what the circumstances.
2. *Implication:* His peace affects our...
 - a. Spirit: Jesus promises **peace with God**. *Rom. 5: 1*
 - b. Emotions: Jesus provides **the peace of God**. *Phil 4:7*
 - c. Relationships: Jesus prompts **peace with others**. *Rom.12: 18*

God's Word shows us how to find **PEACE**.

Place your life under God's care. *Rom 8:6*

Employ God's forgiveness in all sin. *Col 3: 13-14*

Accept what you cannot change. *Gen 9*

Count on God to work with you in all problems. *Is 26: 3*

Embrace God's Word to shape your behavior. *Lk. 11:28*

*Peace
be with
you*

Prayer