

# Finding Peace and Rest: The Truth in the Bible

**Peace with God:** is only through faith in Jesus Christ who reconciles us to God. Romans 5:1-2

## The peace of God is through:

1. prayer (the Biblical kind of prayer is not “contemplative/thoughtless”) - Philippians 4:6-7
2. loving God’s Word – “Great peace have they which love Thy law”.
3. obeying Him – Phil.4:9 “this do and the God of peace will be with you”.
4. having confidence in God’s loving sovereignty. Perfect peace - Isaiah 26:3
5. It also results from feeding our minds things that are good for a holy people. 2 Cor. 10:5, Phil.4:8, Romans 12:1-2

## The peace that Jesus gives...

1. is NOT the same kind that the world gives (He doesn’t copy pagan techniques to give peace!) John 14:27
2. is NOT an absence of trouble/trials. John 16:33
3. is an assurance that He is with us (the Greek word for peace in John 16:33 and 14:27 likely came from the word meaning “to join”) and cares for us. Hebrews 13:5, 1 Peter 5:7...
4. so don’t go looking for the wrong kind of “peace” from the wicked, pagan world 1 Thes.5:3, Isa 48:22, Rom. 3:17, Isaiah 2:6c (don’t try to “Christianize” a pagan religious ritual either)

God alone provides inner peace, not by human effort. His peace does not come from or through another person (believer or not) but directly from HIM!

Eph. 2:8-9, Roman 3:10-12, 8:6-8, John 14:6, Acts 4:12, Isaiah 43:11, 26:12, 2 Thes. 3:16.

There are NO techniques or rituals for Christ’s followers to perform in order to obtain peace. But the method of using techniques and rituals is how the pagan religions try to find peace. (i.e. 1 Kings 18:26-29, 36-39, Matthew 6:7f, Exodus 32, also some mentioned in the Bible books of the prophets (Isaiah, etc.)).

## Rest:

1. The “rest” in Matthew 11:28-29 –refreshing and join/yoking with Him for a task/service translated “burden”; speaks of Him enabling us to work with Him. It is refreshing to know His strength and His presence for whatever He calls us to do for Him!
2. Jesus encouraged a time for physical rest/leisure (for people who were busy) - Mark 6:31. He didn’t always run immediately to “meet perceived needs” John 11:6. Keep in mind that leisure-time still needs to be honouring to God, not “self-worship”.
3. Laziness is not a Christian virtue (2 Thes.3:6-13, Proverbs)
4. Sleep: God gives it to His beloved ones. It is vain for us to shortcut our sleep and stay up too late or get up too early. He does not sleep but does watch over us. Psalm 3:5, 4:8, 121, 127:1-2.
5. If we cannot sleep, we can think about who God is and what He has done. And we can praise Him! Psalm 63:6-8, 143:4-8, 149:5.

## Meditation According to God's Word

1. Our meditation must be acceptable to God. Psalm 19:14, 104:34
2. Meditation is a time to remember and think about what we know to be true. Joshua 1:8
3. Even while thinking "creatively", we are to take "every thought captive to the obedience of Christ". 2 Corinthians 10:5
4. Meditate on God Himself - Psalm 63:5-6, Psalm 104:34
5. Meditate on God's Works Ps.77:12, 143:5, Psalm8:3-4, Ps. 19:1
6. Meditate on God's Word Psalm 1:2, Josh. 1:8, Ps. 119:15-16
7. In all cases in scripture, meditation is not refraining from thinking but rather a time to think and chew things over thoughtfully.
8. Any times of visions, trances experienced by godly people were never self-induced. God initiated each one.
9. When the canon of scripture closed, historical Christianity believed that God's revelation in the sense of giving new prophetic visions also ceased. The Bible is God's complete spiritual revelation to us. There is no other book or vision that we add to it. Revelation 22:18-19, 1 Corinthians 13:8