

Inner Peace

The Lord promises us peace—another working of the Holy Spirit. “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”¹

Just as Jesus calmed the stormy sea when His disciples thought their ship was sinking and they were about to drown,² He can calm the storms of life and give you inner peace that passes all understanding.³

He did it for Paul and Silas, when they were persecuted by being beaten and thrown into prison. Instead of despairing, they sang praises to God—and were suddenly and miraculously set free!⁴

He did it for the early Christian martyrs, who joyfully sang and praised God victoriously as they were burned at the stake and fed to the lions—and many onlookers so envied the supernatural peace that the Christians possessed that they, too, became believers.

As you learn to trust in the Lord with all your heart,⁵ you’ll find that He can give you perfect peace—no matter what is going on around you!—*Rafael Holding*

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Trust doesn’t just happen. As children we learn to trust our parents because we feel their love and benefit from their care and mature understanding of life. We trust friends who have stuck with us through thick and thin. We trust business people whom we find to be honest and reliable. We trust people, in short, because of our experience with them.

It’s the same with God. The more we open our hearts to Him, the more we feel His love and concern. The more we study the Bible and Bible-based materials, the better we understand life and the more we appreciate God’s wisdom and goodness. The more we put God’s promises to the test, the more faith we have in them. The more we take our problems to Him, the more we learn to depend on Him to work them out. The better we get to know Him, the more we trust Him; and the more we trust Him, the more inner peace we have.—*Keith Philips*

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When the world goes to pieces, the best place to be is in the charmed circle of God’s protection. “He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress; my God, in Him I will trust.’ Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you.”⁶

Even if there's turmoil and confusion all around, you can have inner peace through the Prince of Peace.⁷ He never fails those who trust Him.

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You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.—*Isaiah 26:38*

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Many things can happen in life that are just too much for us, but they aren't too much for the Lord. Ask Him to give you the “peace of God, which surpasses all understanding”⁹ that comes when you tell Him your problems. It may take time to work out certain situations, but He will take away the feeling of stress they cause. So don't try to face everyday irritations alone. Ask the Lord to help, and the first help He'll send your way is His inner peace.—*Nana Williams*

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If we have not quiet in our minds, outward comfort will do no more for us than a golden slipper on a gouty foot.—*John Bunyan*

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Peace comes not from the absence of trouble, but from the presence of God.—*Author unknown*

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There are many things that are essential to arriving at true peace of mind, and one of the most important is faith, which cannot be acquired without prayer.—*John Wooden*

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When you find peace within yourself, you become the kind of person who can live at peace with others.—*Peace Pilgrim*

¹ John 14:27 NKJV.

² See Mark 4:35–41.

³ Philippians 4:6–7 NIV.

⁴ Acts 16:22–26.

⁵ Proverbs 3:5.

⁶ Psalm 91:1–7 NKJV.

[7](#) Isaiah 9:6.

[8](#) NKJV.

[9](#) Philippians 4:7 NKJV.