

Series: The Heart of the Problem
Message 5: Peace and Satisfaction

Text: Isaiah 32:17; John

The work of righteousness will be peace, And the effect of righteousness, quietness and assurance forever. (Isaiah 32:17 NKJV)

"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. (John 14:16, 27 NKJV)

Psalm 85:10

**Mercy and truth have met together;
Righteousness and peace have kissed.**

Psalm 119:165

**Great peace have those who love Your law,
And nothing causes them to stumble.**

Isaiah 26:3

**You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.**

Isaiah 48:18

**Oh, that you had heeded My commandments!
Then your peace would have been like a river,
And your righteousness like the waves of the sea.**

John 16:33

"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

Romans 5:1

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

James 3:18

Now the fruit of righteousness is sown in peace by those who make peace.

Definition of Peace

normal pulse
correct temperature
breathing controlled
muscles relaxed
emotionally calm
mentally at ease
unmoved
in control

Barriers To Peace

your heart beats faster
muscles tense
mouth is dry
stomach problems

blood pressure rises
highly alert
throat tightens
urge to physical action

Emotional Responses to a Lack of Peace

anger
ill will
rebellion
bitterness
fear

resentment
grudge
hate
malice

Description of Person Who is Disturbed

nervous
restless
upset
stressed
high strung
crys easily

anxious
worried
tense
easily offended
sensitive

Reason Why They Are Like This

criticised
unloved
were not praised enough
misunderstood
sexually abused
needs unmet

ignored
mistreated
unappreciated
physically abused
neglected

Behavior

tears
defiant
illness

pouting
tantrums
withdraw

Examples of the World's Kind of Peace (Relief)

talk it out
exercise
give in
get lost in a book
work
study
shop for jewelery, furniture, car
get in the hot tub
have a massage
eat food
drink alcohol
join a gang

walk it off
escape
build something
get lost in your music
submit
travel
buy a house
relax in a sauna
recreation
drugs
tobacco