

The Peace That Surpasses All Understanding

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And **the peace** of God, which surpasses all understanding, **will guard** your hearts and your minds in Christ Jesus. - Philippians 4:7 ESV

Strong's Greek 1515 peace

Eiréné (pronounced "i-ray'-nay"): peace, harmony, tranquility, safety, welfare, health; often with an emphasis on lack of strife or reconciliation in a relation, as when one has "peace with God." Often used as a verbal and written greeting. This word generally follows the meanings and usage of the Hebrew word for peace, quietness, rest, set at one. Peace of mind.

Strong's Greek 5432 keep

Phroureó (pronounced "froo-reh'-o"): to guard, keep, as by a military guard. A sentinel, guard. To guard (keep watch) like a military sentinel; to actively display whatever defensive and offensive means are necessary to guard.

Peace is a state of tranquility or quietness of spirit that transcends circumstances. The term *peace* is described in Scripture as a gift from God and in harmony with His character. If God is peace, then to know God is to bask in His peace. "Know Jesus, know peace. No Jesus, no peace." There is no rest for man until he rests in God.

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. - James 4:8 ESV

God gives us clear instructions about how to draw near to Him. We come into the presence of the Lord through His Son.

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. - 2 Corinthians 5:21

Experience peace by trusting in God. Trust means we have set our hearts to believe God, whatever may happen. When we choose to worry rather than have faith, we cannot live in peace. Jesus warned us often about fear and worry. Worry is the enemy of peace. God invites us to cast our cares upon Him and then let go of them.

- And my God will supply all your needs according to His riches in glory in Christ Jesus. - Philippians 4:19
- Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. - Matthew 6:34
- And do not set your heart on what you will eat or drink; do not worry about it. - Luke 12:29
- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. - Philippians 4:6
- Cast all your anxiety on him because he cares for you. - 1 Peter 5:7

Living in peace can be accomplished as we learn more about God. We discover that His character is always faithful, and we experience His continual goodness.

- For the Lord is good and his love endures forever; His faithfulness continues through all generations. - Psalm 100:5
- You who fear him, trust in the Lord - He is their help and shield. - Psalm 115:11
- Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal. - Isaiah 26:4

We learn to bask in His overwhelming love for us.

- For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Romans 8:38–39

We refuse to allow ever-changing circumstances to determine our level of contentment, relying instead upon the character of God that never changes.

- Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. - James 1:17
- "I the Lord do not change. So you, the descendants of Jacob, are not destroyed". - Malachi 3:6

When we develop a lifestyle of making the Lord our refuge, we begin to live in the peace of God.

- God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1
- Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. - Psalm 62:8
- He that 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 will I trust. - Psalm 91:1

Jesus, the Prince of Peace (Isaiah 9:6), promises the Holy Spirit:

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 14:27 NIV