

## What You Need to Know to Have Peace of Mind

Don Ruhl • Savage Street, Grants Pass, Oregon • May 31, In the year of our Lord Christ, 2020  
Song Leader and Song Suggestions: 9.30am – Larry Amberg; 11.00am – Phil Joseph: Songs on Peace

### Prelude:

#### I. Perfect Peace

I gazed into the storm-swept sky  
Gray clouds piled high as eye could see.  
A picture of my storm-swept soul  
Not clouds, but troubles piled on me.

I fought—and struggled—planned and schemed  
I'd solve each problem as it came,  
And this I did for oh so long,  
But trouble piled up just the same.

Now, all my time and strength were spent  
As troubles piled up one by one,  
But still my proud and stubborn heart  
Refused to say—"God's will be done."

I would not fail—but still I did,  
And then in utter anguish cried  
For God to help me. Then I knew  
Why I had failed, though I had tried.

Oh! Willful heart, you had to learn  
How empty all our efforts, when  
We trust in self, and not in God!  
As empty as the world of men.

My storm-swept soul is calm at last.  
These words of peace God spoke to me—  
"Thou wilt keep him in perfect peace  
Whose mind is stayed on Thee."

– Flora Sorenson

#### II. That pictured me.

A. She based her poem on Isaiah 26.

B. Isaiah wrote the words of a song

1. that began with these words
2. about a righteous nation:

**1 “We have a strong city;  
God will appoint salvation for walls and bulwarks.  
2 Open the gates,  
That the righteous nation which keeps the truth may enter in.”**

**– Isaiah 26.1–2**

C. Then the prophet spoke words of power and of truth that lead to peace:

**3 “You will keep him in perfect peace,  
Whose mind is stayed on You,  
Because he trusts in You.  
4 Trust in the LORD forever,  
For in YAH, the LORD, is everlasting strength.”**

**– Isaiah 26.3–4**

D. Then the son of Amoz showed why you can trust in the Lord:

**5 “For He brings down those who dwell on high,  
The lofty city;  
He lays it low,  
He lays it low to the ground,  
He brings it down to the dust.”**

**– Isaiah 26.5**

### **III. Whatever or whoever is preventing you from having peace of mind,**

A. hear what the prophet said,

B. put your mind on the Lord God, and

1. that means to trust in Him, for
2. in so doing you will find everlasting strength.

- a) He can put down
- b) whatever or whoever is high in your mind, troubling you.
  - (1) Trust Him,
  - (2) stay your mind on Him and
    - (a) watch what happens.
    - (b) So that is my first point:

### **Persuasion:**

#### **I. To Have Peace of Mind Know God**

A. Daniel 11 is about the Greeks in the Holy Land, and

- 1. how they would wage civil war among themselves in the land of Israel.
- 2. They would also turn their attention to God's people, and
  - a) do horrible things to the Jews.
  - b) However, at a certain point,
    - (1) the heavenly being who was speaking with Daniel,
    - (2) did add something about the people who know God:

**32 "...the people who know their God shall be strong, and carry out great exploits."**

**– Daniel 11.32**

B. Why is it that those who know their God shall be strong and take action?

C. Why is it that knowing God brings peace of mind?

- 1. He is the Creator.
- 2. He has all wisdom and knowledge.
- 3. He is the God of glory.
- 4. Without Him nothing is.
- 5. With Him we are everything.

D. In *Second Peter 1*,

1. one of the close friends of the Lord Jesus Christ
2. let us know how we can have ever growing peace in our lives:

**2 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, 3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, 4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.**

**– 2 Peter 1.2–4**

- a) Let the power of this passage sink into your minds.
- b) Peace of mind will multiply in you when you know God.
  - (1) It is possible to have such peace, because
  - (2) God used His divine power
    - (a) to give you whatever you need for life
    - (b) by knowing Him as revealed in Scripture.
      - i) He has given to you exceedingly great and precious promises
      - ii) that you may partake of the divine nature.
        - (1) Does God have peace of mind?
        - (2) Peter reasoned with us that we can have the same.

## **II. To Have Peace of Mind Know Yourself**

**5 Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified.**

**– 2 Corinthians 13.5**

- A. Notice that it is not just know yourself or examine yourself, but
1. use the faith to accomplish this work.
  2. Everything we need to know about peace of mind,
    - a) He has revealed in the faith.
    - b) He will show you why you do not have peace of mind, and
      - (1) He will lead you into knowing how to have it.
      - (2) The Spirit of God
        - (a) uses the word of God
        - (b) to make us like the Son of God, and
          - i) He is the Prince of Peace.
          - ii) You shall then have His peace.
  3. You open the word of God to see what is in it, but
    - a) you discover that it is a mirror, for
    - b) while you are searching it,
      - (1) it is searching you,
      - (2) showing what you are and what you are not.
        - (a) You then discover what in yourself might be blocking peace.
        - (b) He then shows what to do to have peace of mind.

B. See we are self-biased.

**6 Most men will proclaim each his own goodness,  
But who can find a faithful man?**

**– Proverbs 20.6**

**2 Every way of a man is right in his own eyes,  
But the LORD weighs the hearts.**

**– Proverbs 21.2**

1. To confirm the veracity of these proverbs,
2. witness two people in a dispute.
  - a) Then watch yourself in a dispute.
  - b) How often have you concluded that you were wrong?
    - (1) It happens, but
    - (2) it is rare.

C. Granted we often see our own faults, but

1. it is rare that we see all of our faults.
2. There are many things about us
  - a) that we cannot see
  - b) unless someone points it out, or
    - (1) you learn to compare yourself to what the Scriptures teach.
    - (2) You have to be bold and ask the Lord to help.

D. As David said in Psalm 139:

**23 Search me, O God, and know my heart;  
Try me, and know my anxieties;  
24 And see if there is any wicked way in me,  
And lead me in the way everlasting.**

**– Psalm 139.23–24**

E. Colossians 3 shows

1. that we have to make a decision
2. to let God's peace enter our lives:

**15 And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.**

**– Colossians 3.15**

- a) How do you *let* the peace of God rule in your heart?
- b) It is a decision that we have to make.
  - (1) God wants His peace to rule in our hearts, but
  - (2) it is something that we have to let happen.
    - (a) I think that happens when
    - (b) we decide what kind of person we want to be.
      - i) Am I going to let peace rule in my dealings with others, or
      - ii) am I going to argumentative or whatever?

### **III. Know that You Are Loved**

**16 “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”**

**– John 3.16**

A. God loves the world.

- 1. Who does that include?
  - a) It includes the vile.
  - b) It includes the weak.
  - c) It includes the doubtful.
- 2. For this message today,
  - a) I want you to know
  - b) that it includes you,
    - (1) whoever and whatever you are.
    - (2) It means that He loves us even while we are in our sin.

B. God loves us like a father

**13 As a father pities his children,  
So the LORD pities those who fear Him.**

– **Psalm 103.13**

C. God loves us like a mother

**15** “Can a woman forget her nursing child,  
And not have compassion on the son of her womb?  
Surely they may forget,  
Yet I will not forget you.”

– **Isaiah 49.15**

D. God loves us as a husband

**1** Then the LORD said to me, “Go again, love a woman who is loved by a lover and is committing adultery, just like the love of the LORD for the children of Israel, who look to other gods and love the raisin cakes of the pagans.”

– **Hosea 3.1**

**Exhortation:**

**I. Isaiah 48.22**

**22** “There is no peace,” says the LORD, “for the wicked.”

– **Isaiah 48.22**

A. God does not want that for anyone.

B. That is why He sent Jesus Christ into the world, for

1. while you see Him on the cross,
2. you see that He did not have peace.