



**Walking in God's Peace – Part I**  
*Wednesdays in The Word*  
March 3, 2020  
Reverend Tyrone McGowan, Pastor

- Everyone wants **peace of mind**. But most of us, if we're honest with ourselves, have to admit that we experience more **stress than peace**.
- **Stress** is an unfortunate fact of life in our modern world.
- Statistics tell us that people in the United States consume **15 tons** of aspirin every day.
- Sales of **tranquilizers** are at an all-time high.
- Books on peace of mind become **instant** best sellers.
- Too much stress is **unhealthy**.
- **Proverbs 14:30** (NIV) says, "A heart of peace gives life to the body, but envy rots the bones."

**I. Three Types of Biblical Peace**

- Spiritual peace *Romans 5:1-8*
- Emotional peace *Colossians 3:12-17*
- Relational peace *Romans 12:14-18*

**II. The Promise of God's Peace**

- Peace is priceless *John 14:25-27*
- Peace is perpetual
- Peace in the midst of problems *John 16:33*

**III. How to Receive God's Peace**

- Peace comes through *obeying* God's principals. *Psalm 119:165-167*
- Peace comes through *accepting* God's pardon. *Micah 7:18-19; I John 1:8-10*
- Peace comes through *focusing* on God's presence. *Isaiah 26:3; Psalm 46:1,10*



Good Shepherd Lutheran Church  
GOD. SERVE. LOVE. COMMUNITY.

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***WHAT ARE YOU GOING TO FOCUS ON? WE HAVE A CHOICE OF EITHER FOCUSING ON OUR PROBLEMS OR FOCUSING ON GOD, WHO HOLDS THE SOLUTION.***

- Peace comes through *trusting* God's purpose. *Prov. 3:5-6;*  
*Philippians 4:10-13*
- Peace comes through *asking* for God's peace *Philippians 4:6-7*
  - Prayer is the cause; peace is the effect.
  - Worry is the opposite of peace; they cannot coexist.
  - Worry comes from the German word which means, "to choke."  
*Luke 8:14*
  - Prayer is a tremendous stress reliever. *I Peter 5:7*