Peace

Key Verse

"In me you may have peace." John 16:33

Basic Biblical Understanding

In our search for peace, we often settle for feeling good, thinking positively, or denying reality. These things may help us cope for a moment, but the satisfaction doesn't last because they don't fix our deepest need. They simply distract us.

True peace is more than a feeling. It's a confidence in God that brings a sense of harmony, wholeness, and contentment. It isn't shaken by circumstances or obsessed with self. Peace is also harmony with others. The Bible calls it the peace of Jesus (John 14:27), who is Himself the Prince of Peace (Isaiah 9:6).

Only Jesus can give us true peace because only He can bring peace between us and God (Romans 5:1). When we long for peace, what we really want is God Himself—even if we don't know it. We were created to have a relationship with God. Without this, our search for peace will always leave us wanting more. Peace with God is the foundation for peace in every area of life (2 Thessalonians 3:16).

When we become Christians, Jesus gives us His peace (John 14:27). He describes it as rest for the burdened soul (Matthew 11:28–30). This restful peace guards us from anxiety (Philippians 4:6–7) and strengthens us when we're troubled (Isaiah 41:10). More than a temporary distraction, it's a peace that lasts, and even grows over time.

Peace is a gift, but it's also something we work toward. The Bible promises peace to the person who stays focused on God and His promises (Isaiah 26:3). We can only do this if we're familiar with the Bible, so reading the Bible, hearing it preached, and asking God to help us apply it is very important. Peace is also promised to the person who prays with gratitude (Philippians 4:6–7).

We also work toward peace with others knowing this is God's will for us (Psalm 34:14). Pursuing peace in the midst of conflict may be hard, but it reflects the heart of God, who loved us when we were still sinners (Romans 5:8). When we obey God, we get the peaceful fruit of righteousness (Hebrews 12:11).

Verses (ask God to show you how they apply to your life)

- "Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1 (ESV)

- "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27 (ESV)

- "To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." Romans 8:6 (ESV)

- "Strive for peace with everyone." Hebrews 12:14 (ESV)

Helpful Questions and Application

1. What is true peace?

2. Why is it only found in Jesus?

3. Do you have peace? After reading this, what steps might God be leading you to take?

Additional Resources

Scripture references: Matthew 11:28–30, Isaiah 53:5, Romans 14:19

WordTruth articles: "God's Peace Can Be Yours"

"Lasting Peace Comes Only Through Jesus"