

The Holy Spirit

Lesson 16 – The Holy Spirit & Peace

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Introduction

“Do not let your heart be troubled; believe in God, believe also in me.” (John 14:1)

It is not the thing we spend the most time on, work the hardest at, or value the most that determines the depth of our Christian character; it is the thing that exerts the most power in our lives.

The Christian is not exempt from the heartaches, pain and struggles, that are common to mankind. In fact, we are more subject to them because we refuse to live superficial lives through escapes like drugs and entertainment. Jesus has said *“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful” (John 14:27).*

How does the Holy Spirit bring peace to our souls?

Many of us are restless, frustrated, and unhappy. We are people who constantly move from room to room, seeking a lasting solution to the demons of disappointment and dissatisfaction that exists within us, and that drive us toward a never-ending quest for those elusive dreams of happiness and peace. We are lost looking for the next answer.

Jesus has said to not let our hearts be troubled but to trust in God. Every time we have a troubled heart it is because we have a deficiency in our faith. Coming to Jesus means that we will have to accept his definition of peace, His definition of value, His definition of Joy, His definition to the purpose and meaning of life; His definition of success, to love, and although his definitions are easy to find they are difficult and painful to practice.

Jesus says peace is His gift to us in John 14:27. You don't earn it, but you do have to accept it. It is different than what the world offers. His peace is not material but attitudinal. His peace is an attitude not a place, a job, or a house.

The problem with peace is that it is something you feel and our feelings are mainly controlled by external circumstances (like spilt milk, a red light when you're in a hurry, forgetting to set the alarm clock). The peace that Jesus offers is determined by our attitudes and not our circumstances. Attitudes have a power to trump feelings and to bring stability.

The Apostle Paul learned this in 2 Corinthians 12 when He pleaded with God to remove that thorn in the flesh. God said, “My grace is enough for you.” Is God's grace enough for you? The thorn changed Paul's circumstances and those circumstances interrupted his feeling of peace and contentment. That caused him to beg God to change his

circumstances. God decided that instead of changing his circumstances, he was going to change his attitude.

The solution to the peace problem is in humbling ourselves before God in all circumstances, and developing the attitude that says with the Apostle Paul, if God thinks I need the circumstances, to teach me to depend on his grace, I will bear with my circumstances, for Christ's sake.

We desperately want his promise of peace, but often we completely ignore how that peace would come. It comes through the indwelling Holy Spirit. It's a part of the fruit of the Spirit! He is called the Comforter because that is exactly what he does for us. He brings us peace that is beyond our understanding!