

# Peace of Mind

Obtaining a Greater Spirituality and Personal Happiness

## Introduction

People today are often troubled about many things. It could be that there is something that might be troubling you.

1. **I am convinced that when an individual has true “peace of mind” that greater things can be done for the Lord and they will have a happier personal life.**
  - A. **We are to “rejoice always” (Phil 4:4).**
  - B. **We are to “pray without ceasing” (1 Thes 5:17).**
2. **A study made by Duke University on "Peace of Mind" listed eight things which they thought were important for one to be able to gain peace of mind.**
  - A. **In this lesson I am listing those eight, and along with them, the Bible principles which, when applied, will bring true peace of mind.**
  - B. **The Bible is the best "mental health" book on the face of the earth. It brings true mental health and happiness - the kind that passes all understanding.**

## Seek to Eliminate Suspicion and Resentment

1. **Nursing a grudge is a major factor in unhappiness. It feeds on suspicion, ill-will, jealousy, envy, and hate.**

Proverbs 27:4 Wrath is cruel and anger a torrent, but who is able to stand before jealousy?

James 5:9 Do not grumble against one another, brethren, lest you be condemned.....

2. **Instead of holding a grudge, cultivate love.**  
**1 John 2:10-11; 4:7-12**

## Do Not Live in the Past

### 1. Pre-occupation with old mistakes and failures leads to depression.

#### A. Those living in the past will never progress to the future, not only in this life but in eternity with God.

- 1) The past is over, mistakes should be forgiven and forgotten so that all can live for today and tomorrow with "peace of mind."

### 2. Those living in the past and bringing up the past should repent.

Proverbs 28:13 He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

I John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Hebrews 8:12 "For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more."

### 3. God will most certainly do His part and forgive us as He has promised.

#### A. We need to forgive ourselves and get on with our lives.

## Do Not Waste Time and Energy Fighting Conditions You Cannot Change

1. **Pray the serenity prayer, "Lord, help me to change the things I can change; to accept the things I cannot change, and grant me the wisdom to know the difference.**
  - A. **For example, there are some things one can change in a marriage relationship. Some things, though, cannot be changed.**
    - 1) **Accept your companions as they are. Help one another reach heaven through encouragement!**
  - B. **Commend the good qualities and the relationship will grow.**
  - C. **Learn to be content**

1 Timothy 6:8 And having food and clothing, with these we shall be content.

Hebrews 13:5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, **"I will never leave you nor forsake you."**

## Make Yourself Stay Involved with the Living World

1. **Resist the temptation to withdraw and become reclusive during times of emotional stress.**
  - A. **The reason, no doubt, that God ordained the home and the church is because human beings are sociable beings.**

Genesis 2:18 And the LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him."

- B. **He ordained the church for our benefit - so that we can aid one another.**  
**Hebrews 3:12-13; 10:24-25**

## Do Not Indulge in Self Pity When Life Hands You a Raw Deal

### 1. Everyone will have "fiery trials."

**1 Peter 4:12-14**

**A. Everyone will face a certain amount of adversity.**

### 2. I've seen Christians drown themselves in self-pity when troubles come their way. Often their troubles are not as severe as those which others have faced.

**A. But remember, God has promised to provide a way of escape.**

1 Corinthians 10:13 No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

**1) The word "temptation" here includes "trials" as well as "enticements to sin."**

**2) God will help you endure and overcome the trials of life – and you will IF you **WANT** to!**

### 3. We can be encouraged that others have overcome.

1 Peter 5:8-10 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But may the God of all grace, who called us to His eternal glory by Christ Jesus, **after you have suffered a while, perfect, establish, strengthen, and settle you.**

## **Cultivate Love, Joy, Compassion, Loyalty and Good Humor**

### **1. We are to add the fruit of the Spirit.**

Galatians 5:22-23 ....love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.

### **2. Christians are to be filled with the Sprit.**

**Ephesians 5:18-21**

- A. By following the teachings of the Spirit, we learn to feel good about ourselves.**
- B. It helps us to develop our own self-image, self-worth, and self-respect.**

## **Don't Expect Too Much of Yourself**

### **1. Sometimes we make a list of things to do during the day.**

- A. When we don't accomplish some of them, we get frustrated.**

- 1) Some people's lives are that way. They set too many goals or goals they are unable to meet. As a result they burn out quickly.**

### **2. When one is a Christian, he has something worth while in his life. Being a faithful Christian is what's important. All other things are only secondary.**

Matthew 16:26 "For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?"

- A. If one accomplishes nothing in His life but being a faithful Christian, then his life has been a marvelous success.**

## **Have Something Bigger and Better than Yourself to Believe in**

- 1. This is why small children manage to have peace of mind.**
  - A. Their peace of mind comes from their trust in someone bigger and better than themselves (their parents).**
    - 1) This, too, is the reason their world is shattered when there is a divorce.**
- 2. We put our faith in God. He is bigger and better than ourselves.**

Psalms 62:1-2 Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; he is my defense; **I shall not be greatly moved.**
- 3. The old book by Dale Carnegie on "How to stop worrying and start living" had a full chapter on faith in God.**
  - A. Even though Carnegie's thoughts were from a denominational point of view, at least he knew the importance of God in our life.**

## Conclusion

1. **True peace of mind grows out of a contented heart that wholly trusts in God.**

- A. **Through our devotion and obedience to God, we obtain peace in our hearts.**

**Philippians 4:6-8**

2. **It is God's will that we believe (involves obeying) on His Son.**

John 6:29 Jesus answered and said to them, "This is the work of God, that you believe in Him whom He sent."

- A. **Jesus Christ brings a lasting peace which one cannot find through the means of this world.**

John 14:27 "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 16:33 "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

3. **Therefore, we as Christians have the answers on "How to have peace of mind."**

- A. **We know something the people of the world do not.**

- B. **Let us continue to avail ourselves of this great privilege.**

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*Richard Thetford, March 1997 – Re-worked August 2010 (Based on a sermon by David Riggs)*