

# PEACE

## HOW TO FIND AND MAINTAIN IT

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Peace is quietness of mind. It means calmness. Peace is something everybody wants to have at all times. Some think they can find it in sex, so they married wives, yet they didn't find peace, instead, they become more restless. Some go on changing boyfriends and girlfriends in search of peace, yet peace eludes them. Some think it will come with plenty of money and riches; but they have since found out that with more money their restlessness multiplies. They worry about their businesses, their business partners, the contracts they are executing and their companies, and so on and so forth. The list is endless; at the end of the day, there is no peace. Some think they can find peace in alcohol, smoking and drugs, but they have not found peace, instead more trouble. They become drug, tobacco and alcohol addicts. They can't get out of its hook. They sometimes have to borrow to keep taking these drugs, yet, no peace. How can one find peace? Jesus said, "The world can not give it to you". It only comes from heaven. Peace comes from God. Peace is the effect and product of righteousness.

*"And the effect of righteousness will be peace and the result of righteousness, quietness and trust forever." (Isa. 32:17)*

God through Isaiah the prophet says that righteousness produces peace. It means it is impossible for an unrighteous man to have peace. No wonder, peace has eluded many today. It cannot be found in anything else but in righteousness. A righteous man is a peaceful man. An unrighteous man with all his money, tranquilizers, drugs, alcohol, cigarette, cigar, sex and holiday relaxation trips, is a "restless" man.

The Bible teaches us that it is impossible for one to be righteous by his own efforts or by observing the law.

*"For no human being will be justified in his sight by works of the law, since through the law comes knowledge of sin." (Rom. 3:20)*

*"But we are all as an unclean thing, and all our righteousness are as filthy rags; and we all do fade as a leaf; our iniquities, like the wind, have taken us away." (Isa. 64:6 KJV)*

And God also declares that none is righteous, and that all have sinned and fallen short of his standards.

*"None is righteous, no, not one." (Rom. 3:10)*

*"For all have sinned, and come short of the glory of God." (Rom. 3:23)*

This means all mankind is peace-less because none is righteous. But, thank God, that through Jesus Christ one can obtain peace. The Bible states that,

*“For our sake he made him to be sin who knew no sin, so that IN HIM we might become the righteousness of God” (2 Cor. 5:21).*

In Christ Jesus we have become the righteousness of God by faith and not by works, lest any man should boast (Eph. 2:8). It therefore means that all true Christians (born again) are righteous in Christ. Hallelujah! We have the peace of God because we have been made righteous in Christ. If you want peace, come to Christ and receive righteousness, as a gift through faith and the effect of that righteousness will be peace.

Jesus said,

*“Peace I leave with you; my peace I give to you; not as the world gives, do I give you. Let not your hearts be troubled, neither let them be afraid.” (Jn. 14:27)*

It is Jesus who gives peace. His peace is eternal. It is associated with his life and nature. When we receive his nature at new birth, we receive his peace. His nature is righteousness. Righteousness is the nature of God that gives us right-standing with God. So, if you are a believer you have the eternal peace of God abiding in you. If you are not born again, and you want peace, receive Jesus today and you will have peace flowing in you like a river.

The peace of God passes all human understanding (Phil. 4:7). When one is not expected to be at peace, we find the peace of God keeping our hearts. Circumstances and problems that rob the people of the world their peace cannot rob us our peace. The peace of God surpasses all problems.

### **WHAT TAKES AWAY PEACE**

*“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.**” (Jn. 14:27)*

*“Have no **anxiety** about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God, which passes all understanding, will keep your hearts and minds in Christ Jesus.” (Philip 4; 6-7)*

From the above statements from Jesus and Apostle Paul, it is clear that it is the will of God that His peace keeps our hearts all the time since we have his nature abiding in us all the time. But if we must maintain peace, we must follow the laws of righteousness. The law says,

*“Let not your hearts be troubled, neither let them be afraid.”*

The only thing that can take away peace from our minds is disobedience to this command of the Lord.

Fear and worries are the things that rob us Christians of our peace. Heart in this passage means one’s spirit, soul and entire emotional nature and understanding. A troubled heart is a worried and an anxious mind. The other thing that takes away peace is sin.

Fear, worries and sin generally are the things that take away peace. Fear and worries are sin in themselves because they do not proceed from faith, for the Bible says anything that does not proceed from faith is sin (Rom. 14:23). But for clear understanding, we are treating them separately from other sins, hence three reasons for lack of peace – fear, worries and sin.

Jesus deals with fear and anxiety, which he knows, are major problems capable of making the Christian peace-less. Fear and worries or anxiety are products of the mind. Faith comes from the spirit (heart of man) for it is of God. Fear and worries or anxiety are from the devil and they manifest in man through the mind of man. Fear and anxiety are the opposite of faith. If I have faith, I will not entertain fear about the problem that confronts me, witches and wizards, or what the devil or men might do to me, or even the future. If I have faith I will be confident in my God and in His sure word. If I have faith I will not worry or be troubled, I will be relaxed knowing that my God loves me and cares about me. I will be confident in the fact that He will not allow anything bad to happen to me.

While faith proceeds out of our spirit, fear and anxiety comes from our minds. They are the products of our thoughts and imaginations. While faith exercise confidence and trust in God, in His ability to solve all problems, and protect; Fear comes with all the “what if’s.” God expects us to hand over our problems to Him and give Him the free hand to handle them like He said in Mathew 11:28-30,

*“Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

From this pronouncement of Jesus, it is clear that God wants us to have peace of mind. He says we should come with our problems and lay them down before Him and He will carry the heavy load for us, and in turn He will give us rest of mind and deliverance. What most of us do is that, we tell God we come with our problems, and when we are leaving His presence, we carry the problems back to the house. You might ask me “how”? We take it back through worries. We will begin to wonder when the problem will be solved, whether it will ever be solved, and then we ask all the “what if’s”. You just worry and worry. What you do not know is that your worrying will not change God – it will not make Him act quickly.

Your troubled mind hinders faith from manifesting; and as you are not operating in faith, God cannot move. It is only faith that moves God, not your crying or worrying.

Anxiety is a sign and manifestation of faithlessness, and once you are not operating faith, God cannot move. It is a spiritual law that cannot change.

*“And without faith, it is impossible to please God.” (Heb. 11:6)*

And the Bible equally says that,

*“Whatever does not proceed from faith is sin.” (Rom. 14: 23)*

When you hand over your problems to God, relax, and let God handle it for you, He is your father, and moreover, he has assured us that he will carry the problems, solve it and give us rest.

When one becomes afraid and anxious, it means that the person has departed from the righteous way to the way of the devil; therefore, the person must lose his peace. Fear is of the devil, and likewise, anxiety. When you manifest it, you are manifesting the nature of the devil, and at that time, the devil will be able to do to you what he has planned to do to you. That is the reason why the things we are afraid of always happen to us; and the problem that give us anxiety remain unsolved until we stop being anxious. The devil because of this always want to control our minds in order to produce fear and anxiety for that is the quickest and surest way of keeping us in whatever problem he wants to bring to our lives. Do not let the devil have your mind. Know from today that the devil uses fear and anxiety to keep people in bondage and difficulty. He uses fear and anxiety to keep you in the difficulty he has brought upon you. He uses fear and anxiety to destroy your faith and hinder God from coming to your aid and giving you deliverance. He uses fear and anxiety or worries to weigh you down and destroy your Christian life; and to bring sickness and disease upon your body. Do not let him make you fear or anxious any more for that is his (the devil's) territory. Whenever he succeeds in making you to fear and be anxious he will use it to achieve his aim, which is to torture and destroy you.

### **HOW TO MAINTAIN PEACE**

To maintain peace therefore, we must control our thoughts so that anxiety and fear will not be allowed to manifest. Jesus said,

*“Let not your hearts be troubled, neither let them be afraid.”(Jn. 14:27)*

A closer look at this statement shows that Jesus knew that the problems and difficulties of life will want to make our hearts troubled or afraid, So, he says, we should “Let not” it happen. “Let not” means that we have a part to play – it is our responsibility. What then is he asking us to do? He is asking us to control our

thoughts. Do not let your thoughts run wild. Instead of thinking negative, think positive. When you think positive, it will stir up faith in you and fear and anxiety will flee. If you meditate on the readiness and ability of God to handle your affairs and take care of you, your family and your business, fear or anxiety will not come. Be calm. Surrender to God, and let him handle it. Yours is to relax and watch your God handle your problems.

Anxiety is deadly. It kills, causes ulcers, hypertension, stroke, mental break down, depression, constant headache, stomach and body ache, fever, unhappiness and loneliness. God is not a fool when he said we should be anxious for nothing. Above all, He wants to solve our problems for us. But we sometimes refuse and worry ourselves to sleeplessness and nervous breakdown. Be free today.

See the bigness of God and the smallness of your problem, and God's readiness and ability to solving that problem. Stop that negative thinking. Let your mind be at rest.

When you sin, your conscience is not at peace, for he will continue to trouble you to repent. Conscience is the voice of the human spirit. When you fear and worry, it is your mind that is not at peace. Your brain will be over-burdened causing your nervous system to breakdown and some harm to happen to your body system. Anxiety and fear affects you mentally and physically.

I remember some time ago when I was in Kaduna, a friend of mine invited me to his church to preach. While I was preparing to make the journey, I saw a poster in town showing that he was coming to Kaduna to preach at a programme. I was disappointed that both programmes were taking place same weekend. I was worried and unhappy. I came back that night and thought about such a disappointment, I noticed that my body became so weak that I could only murmur a few prayers and I slept off. I learnt from that incidence what anxiety can do to the human body in a few minutes of worrying.

Think faith all the time. Think positive, do not fear or harbour unbelief, it will only produce anxiety and make you loose your peace. Worrying will not fetch you anything. Stop it now. Let this be your motto: RELAX, JESUS IS IN CONTROL.

Do not forget, the devil wants to control your mind. Since **all battles are fought, won or lost in the mind**, what you think in your mind will determine whether you will win or loose. The mental warfare is part of spiritual warfare that the Christian is engaged in constantly. Fear and anxiety will make you loose on the physical plain, because they are signs of a loser's thoughts. **Do not loose the mental battle, which determines the physical battle to the devil.** If you will subdue all negative thoughts, think faith and think positively, faith will manifest from your spirit, and victory will be yours spiritually, mentally and physically. The reason is that **your mind is the doorway to the physical world.** What you think in your

mind can make what is yours in Christ to manifest or can hinder it. Do not let your heart be troubled or afraid and you will maintain the peace of Christ.