



# SUNDAY SERMON

## RECAP

12 November 2023

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### Sermon Notes

**Sermon Title:** Maintaining peace in your life

**Pastor:** John Roebert

**Scripture Reading:** Psalm 34:14 (NKJV)

### Introduction

Every believer in Jesus receives the peace of God when they are born again. Yet, as we journey through life, we need to work to maintain our peace as a daily reality.

Psalm 34:14

“Depart from evil and do good; seek peace and pursue it.”

The AMPC says we need to “Seek, inquire for and crave peace.”

And the NLT says we need to “Search for peace and work to maintain it.”

### 1. The first step towards peace is knowing God.

There is a God-shaped vacuum inside of every person. This can only be filled by the Lord through the presence of the Holy Spirit when they are born again.

It is important to urge people to make their peace with God. This involves getting to know God, repenting of their sins, and receiving His forgiveness.

It is not wise to wait until the end of your life to make your peace with God. Firstly, not every person is given an opportunity to do so as some people die suddenly. And secondly, the Lord wants us to live an abundant life here on earth. And His abundant life can only be lived in relationship with Him.

In Isaiah 9:6 Jesus is referred to as the Prince of Peace. He is the source of peace and the one who dispenses peace into our hearts. There can be no peace in our lives until we are at peace with God.

Famous bumper sticker - No God ... No peace, Know God ... Know peace.



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### 2. Making righteous decisions produces a harvest of peace.

What seeds are you sowing in your life? If you sow seeds of righteousness, you will reap a harvest of peace. Isaiah 32:17 (NIV) says, “The fruit of righteousness is peace.”

Peace is the automatic overflow of righteous living. When we determine to do what is right and to live according to God’s principles, we will experience peace. But if we make unrighteous decisions, we are likely to experience inner turmoil and a lack of peace.

Psalm 37:37

“Consider the blameless, observe the upright; there is a future for the man of peace.”

This peace is even available to the innocent partner in a strained marriage.

Like Jesus, we can experience peace in the midst of a storm.

### 3. Don’t let someone else control your level of peace.

Sometimes we let other people’s behaviour impact our peace. We shouldn’t allow this. We need to become more possessive over our peace.

Romans 12:21 “Do not be overcome by evil but overcome evil with good.”

If you let peace stealers have their way in your life, then you will always be at the mercy of their actions.

Peace is a state of heart and mind that comes from the God of peace. We need to be careful of making our peace dependant on our circumstances.

We need to have a breakthrough in our circumstances before God will allow us to break out of our circumstances.

Are you feeling distressed? One of the best ways to regain your peace is to put on some worship music so that you can get your focus off yourself and onto God. Even King Saul did this. When a distressing spirit was on him, he would call for David who was anointed to play the harp, and the distressing spirit would leave.

Paul and Silas worshipped the Lord while in prison. And this made all the difference!





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### 4. Put boundaries in place to reduce pressure and increase peace.

Stress is a major problem in our society today. Life has become complex and pressured for many people.

Even children are experiencing great pressure in their schooling. Parents need to push back on the excessive demands from schools so that their children can have a more balanced life.

The Holy Spirit is our helper. He can help us when we are under pressure. He can give us peace!

John 14:27 (NIV)

“Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

John 16:33 (NIV)

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

One practical way to reduce pressure and increase peace is to put boundaries in place. Don't take on more than you are wired to handle. You are not a machine, you are not bullet-proof, you have limitations. You cannot put more and more on your plate and think that your peace won't be affected.

In Galatians 6:2 and 5 we read about carrying others burdens and about each person carrying their own load. There are times we need to help others. And there are other times where people need to carry their own load with the Lord's help. Be careful of having a Messiah syndrome. Jesus is the Saviour, and we need to help people to turn to Him.

There are times we need to say no in order to be kind to ourselves.

Example of Joyce Meyer who was complaining about her busy schedule. God reminded her that she drew up her own schedule.

We need to serve the Lord's purposes, but sometimes we need to say no to certain things in order to maintain our peace!

