

Dr. Ron Armstrong • October 24, 2021

Mine: The Gift We Didn't Know We Desperately Want

John 14:26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷Peace 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.

Romans 12:18 If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹Do not take revenge, my dear friends, but leave room for God's wrath ...

Titus 3:9 But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless.

Luke 21:19 In your patience possess ye your souls.

Hebrews 12:14 Make every effort to live in peace with everyone and to be holy ...

Everything is habit-forming, so make sure what you do is what you want to be doing. Wilt Chamberlain

A. Peace can be as "mine" as I want.

1. Ownership questions confuse people because we think stuff is "mine" or "not mine." Most stuff is "mostly mine" or "mostly not mine."

2. Peace isn't an absence of problems. It's a condition of the mind and soul. Imagine the feeling when Jesus says, "Peace, be still."
3. In practice, peace is more of a scale than a condition. And it's opposite isn't conflict; it's turmoil.

Peace ←————→ Turmoil

4. Peace is both a gift and a goal.
 - a. Jesus is still the giver of supernatural peace. When I have little hope, he can still calm my heart.
 - b. My actions and effort can move me towards or away from feeling peace.

B. "Encountered" turmoil will come, but you can decrease "created" turmoil. Some "peaceful" habits:

1. Avoid constantly looking for and dwelling on controversies. They push you towards turmoil.
2. Stop lighting verbal and digital relationship fires. Your emails, texts, and social media are the matches that light your turmoil.
3. Patience is a muscle; start exercising it. As you increase patience, you increase peace.
4. Practice accepting other people. We are all ignorant, weird, annoying, and unreasonable. Focusing on people's positive attributes moves you towards peace.
5. Feed your mind and soul with things that increase peace and limit things that cause turmoil, anger, and envy.
6. Practice "enough." The constant pursuit of prestige or always "more" interferes with inner peace. Enough → Contentment → Peace.