

## The First Promise | Peaceful Parenting, Part 5

### I. Review

- Find your complete and utter joy in nothing and no one else other than God and His Truth.
- Be gentle, gracious, and loving to all men.
- Never be anxious for anything.

### II. The First Peace Promise

*“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”*

Philippians 4:7

- **Peace** – This is what we’ve been desiring. This is the balm that we’ve all wanted to salve our parenting wounds. This is the missing element that turns home life from a frenzy of panic and anguish to an enjoyable wash of confident soul rest. But it’s not just peace, it’s . . .
- **God’s Peace** – This is the peace that only God can give. In His farewell benediction, Jesus calmed His disciples by telling them to be at peace, but then He told them, *“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 The world cannot afford this peace. There is no psychiatrist, medication, book, relationship, or job that can rest our souls as God’s peace can. The divine, all-powerful God of the universe has everything necessary to provide you exactly the amount and kind of peace you need. Nothing else can do that. But it’s not just God’s peace it’s . . .
- **Incomprehensible** – As I mentioned in the introduction to this study, this peace cannot truly be explained in words man can understand, because it defies man’s ability to grasp it. The word “understanding” comprises the whole of man’s ability to know and understand. This peace *surpasses* that. It isn’t until you’re in the midst of suffering, and you bring your life and responses parallel with the Peace Prerequisites that it dawns on you that though it doesn’t make any sense, you are perfectly at peace with the situation. Those around will likely look at you in astonishment because they literally will not be able to understand how you’re so calm, and only those who have experienced this peace before will knowingly nod and thank God for the work He’s doing in your heart. But it’s not just an incomprehensible peace from God it’s . . .
- **Heart Guarding** – The Greek word for “heart” in this passage technically refers to the organ in the chest (*kardia*), and though less stress would probably protect you from the threat of a heart attack, the biblical implication is far greater. The word “guard” is a military term that gives us the picture of an internal garrison led by the Holy Spirit Himself. No principality or power stands a chance when coming to blows with the “military” strength of God’s spiritual protection. But what is this idea of the “heart”?

*Kardia* appears 150 times in the New Testament. The heart may be best defined as the seat of the soul. It's not merely mental machinations, it's our inmost desires that grow from our beliefs and influence our mind, actions, and emotions. This is the part of us that God's peace guards. But it's not just a heart guarding, incomprehensible peace from God, it's . . .

- **Mind Protecting** – The same fortress of protection afforded the center of our soul will also extend to our minds. This word refers simply to our thoughts. This makes sense because as our desires breed our thoughts, so a peaceful seed will yield a peaceful plant. We need not worry about nightmares, daytime phantasms, pessimism, complaining, or evil plans when we're being bastioned by God and His truth. But this peace is not merely a mind and soul guarding, incomprehensible peace from God Himself, it's . . .
- **Empowered by Christ** – The center of our peace command – the very hub of operations – is none other than our Lord and Savior, Jesus Christ! He is the one who personally guarantees our soul protection. He is the one who will wrap His hands around our heart and mind. He's the one who pours forth this peace that doesn't even make sense to us. He's the author and finisher of our peace.

### III. The Lack of Peace

- If in your financial struggles, kids' rebellion, and health issues you don't experience the soul-rest of God, it's because you're not living out the three Peace Prerequisites in your life.
  - You're not fulfilling your responsibility to God by genuinely delighting in Him.
  - You're not fulfilling your responsibility to others by allowing the love of God to pour out of you into your family members.
  - You're not fulfilling your responsibility to yourself by turning over your anxiety to God in exchange for thanksgiving.
- You must not blame your struggles for your lack of peace.
  - It's not your kid's fault.
  - It's not your husband or wife's fault.
  - It's not the fault of any social, political, economic, or cultural pressures.
  - Your lack of peace is on you.
- But please believe there is hope. Just like we work out our physical muscles, by prayer and practice you can work out your spiritual muscles as well.