

ECCLESIA CHURCH OF GOD IN CHRIST
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Bible Study Lesson
June 8, 2022



KEY VERSES

John 14:1: “Do Not Let Your Heart Be Troubled.”

Philippians 4:4-7: “Rejoice in the Lord always; again, I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Isaiah 26:3: "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

INTRODUCTION

The Online Dictionary defines chaos as, “a condition or place of great disorder or confusion.”

- Chaos is a state of havoc.
- Chaos is discord.
- Chaos is a state of mess.
- Chaos is a state of pandemonium.
- Chaos is disruption.
- Chaos is a state of disturbance.

- Chaos is turbulence.

Nothing flourishes in a state of chaos and it takes away your joy and peace of mind. When we look at the world around us chaos is what we see. We see a government divided that cannot get along with itself. We see a state of disorder due to absence or nonrecognition of authority and lawlessness. We see people who are hurting. We see disease and sickness. We see sins like selfishness, pride, anger, and anxiety. We see a major failure among people to agree to disagree. We see hatred and addictions. We see people who are searching for something, but they cannot seem to find what they want. We see a fast-paced world that is racing by us. We see people with schedules that are packed full, but they feel like they are living lives that are meaningless. It is so easy to be swallowed up by the chaotic world in which we live.

We're living in troubling times. The health and economic concerns flooding the news and social media can be distressing. The world has always been full of troubles and always will be, and if we are honest about our own personal life, we must admit that things seem pretty chaotic at times.

So, with all of this chaos, how can we **live** in peace? The context of today's key verse in John 14:1 is so timely. Jesus had just given His disciples disturbing news. He was going away, one of them would betray Him, and even the most loyal disciple would deny Him. *But what Jesus said next shows us why we can have an untroubled heart in the midst of chaos.*

"...BELIEVE IN GOD, BELIEVE ALSO IN ME" (v1b). There's so much meaning packed into that phrase. This kind of confidence in our Lord is synonymous with persevering faith and unwavering trust. Any crisis has a way of revealing where our trust truly lies. These difficult days offer a unique opportunity to evaluate the strength of our faith. Jesus reminds us to consciously place all of our belief, trust, and faith in Him – all of the time.

Jesus lifts our eyes from earthly troubles to give us hope for the future. "If I go and prepare a place for you, I will come again and receive you to myself, that where I am, there you may be also" (v3). It's easy to get so wrapped up in the chaos around us that we forget to live with an eternal perspective.

Our earthly troubles are temporary but remember – so are the earthly things in which we misplace our hope, such as health and wealth. No matter what happens in this world, our only true hope for the future is in Jesus Christ. Believing in Jesus is the starting point for a life of peace.

In our next key verses found in Philippians 4:4-7, Paul was writing to a church of believers who had trusted in Jesus, His death on the cross for the sins of the world, and His resurrection from the dead. We see a call to rejoice in the Lord, a call not to be anxious, and a call to pray to God in everything and to include thanksgiving in our prayers.

- *Rejoice*. This world has many cares and concerns, but there are always reasons to rejoice in what God has done and is doing.

- *Be reasonable*. If we are reasonable then we will often avoid being bothered by useless arguments, and we will be able to get along well with others. This eliminates a lot of chaos.

- *Do not be anxious about anything. **Anxiety and peace cannot exist together.*** 1 Peter 5:7 says, "Cast all your anxiety on him because he cares for you."

Worrying about things that are out of our control will wreck our lives. When we cast our anxiety on God, we are trusting Him to take care of it. God's plan is for us to experience His perfect peace everyday regardless of the circumstances.

- *Pray*. Replace worry with prayer. When we pray about our concerns and take them to God it helps us to let go of them and not dwell on them. Include thanksgiving with your prayers. When our hearts are thankful, it keeps things in a proper perspective.

Then, we have a beautiful promise that "the peace of God which surpasses all understanding, will guard our hearts and minds in Christ Jesus." This promise is very encouraging as it helps us in gaining the unexplainable peace of God!

In our final key verse, Isaiah 26:3 we read, "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." God will keep you if you want to be kept.

Everyone desires peace. We want peace in our mind, marriage, business, circumstances, and ministry. But God has something much better for us! His agenda is for us to experience His perfect peace every day.

"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 14:27.

The world defines peace as 'a concept of friendship and harmony in the absence of strife, hostility and attack.' It is a lack of conflict. Peace is the handshake between two enemies. It is the laying down of arms. Peace is the

lack of trouble. It is freedom from the fear of violence between individuals or groups. *So human peace is based on feelings and circumstances!* It is conditional upon the fulfillment of a certain assumption. *Worldly peace is not permanent!* In every generation, there has always been treaties made to hopefully ensure world peace, yet so many times these treaties are violated and short lived. But God has a better alternative.

The Hebrew word for peace is shalom which means 'calm, tranquility, serenity, harmony, wholeness, completeness, and wellness.' Shalom is an inner sense of contentment and quietness, regardless of the circumstances.

- Perfect peace is internal stability! You may be in the midst of trouble and still have peace. It is irrelevant to the chaos around.
- Perfect peace is calmness and reassurance in the midst of conflict.
- Perfect peace is not the absence of a storm but the ability to remain calm in spite of the hopeless situation. It is the calm of mind and heart that isn't shaken by adversity.
- Perfect peace is to be joyful in the midst of unhappiness. It is not a trouble-free life; perfect peace is serene in the midst of difficulties.
- Perfect peace is a fruit of the Holy Spirit.
- Finally, we can experience perfect peace through the continual presence of the Holy Ghost. When your heart is overwhelmed with worry and fear, remember that the Holy Ghost is our Helper, Comforter, Advocate, Intercessor, and Teacher.

APPLICATION

So, how can we stay calm when there seems to be turmoil all around? In a broken world, how can we find stability? How do you keep calm when things aren't going the way you want them to? **Apply these principles:**

1. **Seek peace with God.**_____
2. **Remember the goodness of the Lord.**_____
3. **Take it to God in prayer.**_____
4. **Read and Meditate on the Word of God.**_____

5. **Guard your heart.**_____
6. **Give thanks.**_____
7. **Win the battle over worry.**_____
8. **Place your trust in God.**_____
9. **Get rid of bitterness.**_____
10. **Don't give up!**_____
11. **Be still.**_____

Final Notes: In this world we will have troubles. You may be in a situation right now where everything around you seem to be falling apart. Maybe it is your ministry, career, health, or business. Perhaps there's a crisis within your family. Sometimes the challenges of life shake us off balance, blowing us to and fro in ways that we never expected. But God doesn't want us to live stressed out! He wants us to live a life of rest and peace. It's the will of God that we stand firm in faith and unshaken in the storms of life.

We should not be afraid, agitated, and intimidated when trouble comes. God is our Rock and Refuge! He is our Strength and Shield! With Him by our side, we'll not be shaken. So, stand firm, be still and at peace! When you're at peace, you're displaying your unconditional faith in God. If you focus on Him, you won't be moved by circumstances. The mind that is stayed on God is always calm. You'll be renewed and refreshed! When you release your burdens to the Lord, you'll find rest for your weary soul. **When you focus your mind on God, you'll experience His perfect peace.**

"1 God is our refuge and strength, A very present help in trouble. 2 Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; 3 Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah" Psalm 46:1-3.

The ancient cities were often protected by large surrounding walls and imposing gates. Inside the walls was peace and a safe atmosphere where commerce could thrive. God is our fortress! The Lord is our refuge. He is the constant and consistent place of refuge and safety in the times of trouble.

"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." John 16:33.

There is not a promise in the Bible that says we'll be free from troubles. Yet those whose confidence is in the Lord have nothing to be afraid of. Fear is a faith killer! When a believer is afraid, it means he does not trust God enough to bring him or her out of trouble. To act on our fear is to act as though the problem is bigger than the Almighty God. But the truth is, there is nothing too big for Him.

"For God is not a God of disorder but of peace....." 1 Corinthians 14:33. **While we cannot control the chaos around us, we can prevent the chaos from controlling us.**

PRAYER POINTS

1. Father, thank You for always being with me in the times of trouble, in Jesus name.
2. O Lord, teach me how to find Your presence in the midst of uncertainty, in Jesus name.
3. Father, help me to turn away from my circumstances and enable me to be still, in Jesus name.
4. O Lord, help me to stay steadfast in my faith, in Jesus name.
5. I will not allow my heart to be troubled, but I will trust in God, in Jesus name.
6. O Lord, help me to stand firm. Help my heart not to be troubled, in Jesus name.
7. Thank You, Lord, for answering my prayers.