

Having Peace, Keeping Calm in Your Daily Life

Peace is an amazing gift God extends to us. I know what it's like to live without peace—upset most of the time, anxious, fearful and worried. It's miserable! Since I've learned how to live with God's peace, I will do anything I need to do to have it.

We must understand the value of peace if we're going to have it. If you think it's no big deal to lose your temper, worry or be stressed-out and constantly upset, you won't do what you need to do to live with peace.

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I think it's interesting that one of the last things Jesus told His disciples before His crucifixion was about peace. John 14:27 (AMP) tells us, "Peace I leave with you; My [perfect] 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 afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.]"

In John 20:19, "Peace to you!" is the first thing Jesus said to His disciples after His resurrection. Verse 21 says, "Then Jesus said to them again, 'Peace to you.'" Notice the word "again." He must have wanted them to realize it was very important that they maintain their peace.

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Take a moment to think about your own level of peace. Do you worry, get upset or feel stressed-out often? Many people do,

but that's not the way God wants us to live.

A lot of Christians pray for God to give them peace, but they need to realize that as believers in Christ, they already have His peace. We need to pray for God to help us learn how to walk in peace.

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