

Unlocking Perfect Peace: 3 Keys

The movie “The Passion of the Christ” recounts events leading up to the crucifixion and Resurrection of our Lord Jesus Christ. It is two hours of gruesome, raw footage of how the arrest, trial, flogging, cross-bearing, crucifixion, death and Resurrection of Jesus would have looked. As I watched the depiction of our Lord’s suffering, I was reminded of how at any time during His suffering, Jesus could have chosen to walk away from the burden laid on Him because of us.

Yet He chose not to do so.

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Moments before He was arrested, Jesus told His disciples, “Do you think that I cannot now pray to My Father, and He will at once give Me more than twelve legions of angels?” (Matt. 26:53, MEV). Yet he didn’t. Instead, “He was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him, and by his stripes we are healed” (Isa. 53:5). Peace—one word that seems to be of high value amidst our crisis-filled world.

With Generalized Anxiety Disorder statistics on the rise, continuing to top mental health charts in our nation, here are three practical, biblical and clinically proven steps to experience emotional peace in the chaotic end-of-days we’re living through.

1) Have a relationship with God through Jesus. Anxiety is a tool of the devil, rooted in fear. Fear can only be cast out in the presence of perfect love. The Bible says God is love (1 John 4:8) and perfect love casts out fear (1 John 4:18). The true foundation of emotional peace is peace with the one who

made us—God.

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Jesus was clear in John 14:6 when He said, “I am the way, the truth, and the life. No one comes to the Father except through Me.” Jesus is the only door through which you and I could ever enter to have a relationship with God as a Father. The reason Jesus chose to suffer the death of a criminal, is so that one day, we could have an opportunity to have a relationship with God as a loving Father. And through a relationship with Him, we can exchange discouragement for hope knowing we have a Father who loves us more than we could ever imagine or think.

If you’ve never given your life to Jesus or if you’re not sure you have, here’s a basic prayer of salvation: “Jesus, please forgive me for all of my sins. Thank You for Your death on the cross on my behalf. I believe in Your death and Resurrection. I submit to You as my Lord and Savior. Amen.”



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2) Walk with God daily. You have an adversary, Satan, who is watching your every move, waiting for an opportunity to tempt you to act in a way that is destructive to you (temptation) so he can later on use your actions against you (condemnation). Walking with God daily requires you to rely on the Holy Spirit.

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