Finding Peace



Hidden stress impacts our:

learning, memory, immunity, bone density, weight, blood pressure, cholesterol, heart, digestive health, hormone balance, reproduction, metabolism, growth, development, sleep.

How do we find peace in stressful times?

- 1. Obey His Word
- 2. Trust His Leading
- 3. Experience His presence

Judges 6



1. Obey His Word

Judges 6

11 Now the angel of the Lord came and sat under the terebinth at Ophrah, which belonged to Joash the Abiezrite, while his son Gideon was beating out wheat in the winepress to hide it from the Midianites. **12** And the angel of the Lord appeared to him and said to him, "The Lord is with you, O mighty man of valor."

13 And Gideon said to him, "Please, my lord, if the Lord is with us, why then has all this happened to us? And where are all his wonderful deeds that our fathers recounted to us, saying, 'Did not the Lord bring us up from Egypt?' But now the Lord has forsaken us and given us into the hand of Midian."

Judges 6

10 And I said to you, 'I am the Lord your God; you shall not fear the gods of the Amorites in whose land you dwell.' But you have not obeyed my voice."

Ancient wine press



Proverbs 3
1 My son, do not forget my teaching, but let your heart keep my commandments,
2 for length of days and years of life and peace they will add to you.



1. When we disobey God

Isaiah 59:8

The way of peace they do not know; there is no justice in their paths. They have turned them into crooked roads; no one who walks along them will know peace.

2. When we give in to fear

2 Timothy 1:7

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Fear of Man

Proverbs 29:25

The fear of man lays a snare, but whoever trusts in the Lord is safe.

Psalm 56:3-4

³ When I am afraid, I put my trust in you.
⁴ In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?

3. When we worry about provision

Matthew 6

24 "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

...32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.



4. When we do not deal with guilt

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Genesis 3

8 And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.
9 But the Lord God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."

1. Avoid the Issue

2. Blame Others

3. Confess and Seek Forgiveness

Psalm 32

3 For when I kept silent, my bones wasted away through my groaning all day long.
4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

5 I acknowledged my sin to you, and I did not cover my iniquity;
I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin.

When we disobey God.
 When we give in to fear
 When we worry about provision
 When we do not deal with guilt

Psalm 119:165

Great peace have those who love your law, and nothing can make them stumble.

How do we find peace in stressful times?

- 1. Obey His Word
- 2. Trust His Leading
- 3. Experience His presence

2. Trust His Leading

1-1

Judges 6

14 And the Lord turned to him and said, "Go in this might of yours and save Israel from the hand of Midian; do not I send you?" **15** And he said to him, "Please, Lord, how can I save Israel? Behold, my clan is the weakest in Manasseh, and I am the least in my father's house." **16** And the Lord said to him, "But I will be with you, and you shall strike the Midianites as one man."

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.



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3. Experience His Presence

Judges 6

17 And he said to him, "If now I have found favor in your eyes, then show me a sign that it is you who speak with me.18 Please do not depart from here until I come to you and bring out my present and set it before you." And he said, "I will stay till you return."

19 So Gideon went into his house and prepared a young goat and unleavened cakes from an ephah of flour. The meat he put in a basket, and the broth he put in a pot, and brought them to him under the terebinth and presented them.

20 And the angel of God said to him, "Take the meat and the unleavened cakes, and put them on this rock, and pour the broth over them." And he did so.

Then the angel of the Lord reached out the tip of the staff that was in his hand and touched the meat and the unleavened cakes. And fire sprang up from the rock and consumed the meat and the unleavened cakes. And the angel of the Lord vanished from his sight.

22 Then Gideon perceived that he was the angel of the Lord. And Gideon said, "Alas, O Lord God! For now I have seen the angel of the Lord face to face."

23 But the Lord said to him, "Peace be to you. Do not fear; you shall not die."

24 Then Gideon built an altar there to the Lord and called it, The Lord Is Peace.

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