

The Path to Personal Peace

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” – Isaiah

26:3

If you want to overcome fear and worry, then you need right thinking. In other words, think about what you think about.

We’re told in Philippians 4:8, “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.” If you want personal peace, this is where it begins. Why is the mind important? It’s command central. With our minds we reach to the past through memories, and we reach to the future through imagination. We need to learn how to think properly and biblically. As 2 Cor. 10:5 says, “...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

The next time you’re troubled, you might try talking to yourself. We need to tell ourselves to think biblically, because it doesn’t always come naturally. For example, we see the writer’s despair in Psalm 42: “Why are you cast down, O my soul?” But then the writer continues, “And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.” (v. 5).

Many of the Psalms are songs and prayers. They are honest, and as we read some of them, we may think, “I dare not pray that.” But go ahead and pray that. Go ahead and say, “Lord, I am hurting right now... I’m in pain right now... I don’t understand this right now... I’m struggling with this right now.”

The next time you’re feeling down, the next time you think, “I don’t know how I’m going to get through this situation,” quote the Bible to yourself. Remind yourself of the truth of God’s Word. That is what it means to trust God.

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