



The Harvest

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Guarded by Peace

*“These things I have spoken to you, so that in Me
you may have peace.
In the world you will have trouble,
but take heart!
I have overcome the world!”
~ John 16:33 ~*

If you haven't begun to notice at this point, a theme is emerging among the fruit of the spirit: none of what we do as believers should be circumstantial. The way we view the world and how we operate in it tends to run opposite to the expectations of those around us – and even to our own natural inclinations. The same goes for peace. It's safe to say that the world we live in is often not peaceful. In fact, the opposite is typically true: we live in a world that is uncertain and oftentimes tumultuous and painful. This can lead to some pretty intense feelings in us such as anxiety, worry, depression, and hopelessness.

The Bible holds a lot of wisdom regarding the topic of peace and what to do if we don't feel it. There are two main points that are repeated throughout Scripture that deal specifically with this topic. First, **we must give the things that rob us of peace over to the Lord**. There are personal struggles and people and life circumstances – in and out of our control – that replace peace with all of those negative feelings that are not God's very best for us. Second, **we must replace those things that rob us of peace with thankfulness**. Gratitude changes things – our outlook, our heart condition, our response to the consistent changes in life. We're going to explore these two points in more detail.

1) We must give the things that rob us of peace over to the Lord.

Throughout all of Scripture, we see the constant faithfulness of the Lord. He never fails. He always has a plan for you – a better one than you could possibly imagine. He has a course specifically for you and for your life. He will protect you as you walk out the calling He has for your life. He will not leave you to walk alone. He will carry you when you don't feel you have the strength to carry on. He is trustworthy. So much so that the Bible says that you can *“Cast all of your worries on Him, for He cares for you”* (1 Peter 5:7). God doesn't just want to the parts of your heart that are pretty. He doesn't just desire the parts of your heart that has already been surrendered to Him – that you already have peace about. God wants the worries, the concerns, the fears, the anxieties, and the concerns you hold. He knows it is too much for you to carry on your own, so He asks you to trust Him enough to give it to Him. He will take care of it. He will hold the things you're worried about, handle them with compassion, and replace it all with peace.

Read Matthew 6:25-33.

2) We must replace those things that rob us of peace with thankfulness.

Gratitude is one of the best weapons we have against many of our emotions. Now, emotions are not necessarily bad. But we are charged to watch our heart because the fruit it produces can either be good and pleasing or evil and harmful (*read Jeremiah 17:10*). Scripture says, *“Keep your heart with all vigilance, for from it flow the springs of life”* (Proverbs 4:23). As we guard our hearts, we choose what we let take root there. We choose whether goodness or evil takes root there – whether light or dark springs forth.

“He must turn away from evil and do good.”

*He must seek peace
and pursue it.”
~ 1 Peter 3:11 ~*

*“Let the peace of Messiah rule in your hearts –
to this peace you were surely called in one body.
Also be thankful.”
~ Colossians 3:15 ~*

You alone are responsible for what dwells in your heart. God gives peace, and – based on what you let live in your heart – peace can either flourish or get buried. That’s where gratitude comes in. Thankfulness has the ability to change your outlook. When you thank the Lord in everything, you begin to focus your view on God rather than on your circumstances. Instead of worrying or allowing anxiety to develop, peace can take root and grow. There is hope eternal found in the Lord. With Him for you, what can come against you? There is nothing and no one greater than our God.

What are you holding onto in your life that you’re worrying about? Pray a prayer of surrender. Give it up to the Lord now. Also, friend, it’s okay if you feel sad or uncertain. But know you serve a God who is for you and NEVER against you. Trust Him to fill you full of His goodness and His peace as you give Him your worries and concerns.

Worship: Spend some time worshipping and releasing your worries to the Lord today.

- ~ Peace Be Still by The Belonging Co and Lauren Daigle
- ~ PEACE by Hillsong Young & Free
- ~ Take Courage by Kristene DiMarco
