

# Summer Fun



Dr. Jeff King  
Christ Lutheran Church  
Southwick, Massachusetts

## Part 3: Living with Inner Peace

"I am leaving you with a gift – peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid." (John 14:27)

Peace of mind is the result of three important decisions you need to make ...

### 1. Accept \_\_\_\_\_

David's experience in 2 Samuel 12, is an example of acceptance of what cannot be changed.

From his prison cell, Paul said: "I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything. I can do all things through Christ because He gives me strength!" (Philippians 4:12-13)

Paul tells us three things:

- A. Acceptance is a learned experience ("I have learned to be satisfied").

- B. You learn it from going through tough times – learning to accept the experience (I have learned to be satisfied... with everything that happens.)
- C. It is a choice and it is only possible by supernatural power. (“I can do all things through Christ because He gives me strength!”)

### **The Serenity Prayer**

God grant me  
The serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as the pathway to peace.  
Taking, as Jesus did, this sinful world as it is,  
not as I would have it,  
Trusting that You, God, will make things right  
if I surrender to Your will

So that I may be reasonably happy in this life  
And supremely happy with You forever in the next.  
Amen.

## 2. Trust in God's \_\_\_\_\_

"You, Lord, give true peace to those who depend on You because they trust in You." (Isaiah 26:3)

"Trust in the Lord with all your heart and don't lean on your own understanding." (Proverbs 3:5)

Three things about demanding explanations...

- A. God doesn't owe you an explanation for anything.
- B. Even if He did explain why things happen the way they do, you probably wouldn't understand it.
- C. Explanations never bring peace anyway.

## 3. Surrender to God's \_\_\_\_\_

"If a person's thinking is controlled by his sinful self, then there is death. But if his thinking is controlled by the Spirit, then there is life and peace." (Romans 8:6)

"Since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us." (Romans 5:1)

Aren't you tired of being at war with God? Invite Jesus Christ to take control.

