



The Struggle for Inner Peace

By Henry Brandt, Ph.D.

LESSON 11: ONE MORE TIME

Educators tell us that repetition aids learning. In your quest to find inner peace and a quiet heart, it is well to be reminded that the peace we refer to in this book comes only from God and is freely given to all who qualify to call God their "Father."

I also want to be sure you understand the Gospel, which is the gateway or access to God. Many, many people have appealed to God for peace but there is no response. The best explanation for this silence is explained in the Bible: "Behold, the Lord's hand is not shortened, that it cannot save; nor His ear heavy, that it cannot hear. But your iniquities have separated you from your God; and your sins have hidden His face from you" (Isa. 59:1-2). The psalmist said: "If I regard iniquity in my heart, the Lord will not hear" (Ps. 66:18).

A CALL TO SALVATION

It is your sins that come between you and God. This is where the Gospel comes in. The Apostle Paul wrote to the Corinthians: "I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures" (1 Cor. 15:3-4). To the Ephesians, Paul exclaimed: "For through Him [Jesus Christ] we both have access by one Spirit to the Father" (Eph. 2:18).

Jesus explained to His disciples: "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6). Jesus also said, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me" (Rev. 3:20).

Finally, Peter said it clearly to a Jerusalem crowd gathered on the Day of Pentecost: "Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord" (Acts 3:19).

If you sense a stirring in your heart and have never done so, open the door of your heart, and He will come in, blot out your sins, and give you access to the Father. Then, and only then, will you be able to ask for God's supernatural peace.

A CALL TO CHRISTIANS

You may be a Christian. That is, you have invited Jesus to come into your life as your Savior. He has forgiven your sins and you have experienced His peace. Now, however, He seems very distant. Perhaps a root of bitterness troubles you. Perhaps you are nursing hatred, resentment, malice, or anger toward someone who has misused you. There is something between you and God, and only biblical advice can clear away the fog that makes Him seem far away: "Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, and He will have mercy on him; and to our God, for He will abundantly pardon" (Isa. 55:7).

In closing, consider two beautiful promises God makes to His people. They can be yours if you obey Him:

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them (Ezek. 36:26-27).

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me when you search for Me with all your heart (Jer. 29:11-13).

Be assured that God will do His part when you obey Him. And your struggle for inner peace will be won.

Questions for Review

1. In this lesson, the author repeats several key concepts that he wants you to take from this study. One is that the peace we refer to in this study comes only from _____ and is freely given to _____.
2. We also want to ensure that you understand the Gospel. A key point is that it is your _____ that come between you and God.
3. Take some time to reflect on 1 Corinthians 15:3-4, Ephesians 2:18, John 14:6, Revelation 3:20 and Acts 3:19. What do they say is the way to God?
4. If you have never surrendered your life to the lordship of Jesus, will you do so now?

5. If you are a believer, what are the two promises that God makes to His people that the author wants you to remember?

Permission to Reproduce and Distribute

Publisher grants permission to reproduce and distribute this material without written approval, but only in its entirety and only for non-profit use. No part of this material may be altered or used out of context without publisher's written permission.

©2012 Biblical Counseling Insights

See www.BiblicalCounselingInsights.com for additional life discipleship resources. Download a free Bible or other spiritual growth resources at www.GodResources.org.