

A 7 Day Plan to Heal Your Mind – Day 6

*“What you have learned and received and heard and seen in me—practice these things, and **the God of peace will be with you.**”* Philippians 4:9

The Apostle Paul

There are two great motivations for change: the promise of pain and the promise of reward. Paul, here, motivates us with the promise of a reward that follows thinking in a positive, godly way: **PEACE**. And not just any old kind of peace, but the peace of God: *“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”* Philippians 4:7 ESV

Merriam-Webster Dictionary defines peace as: “A state of tranquility, freedom from disquieting or oppressive thoughts or emotions.” In other words, peace is the exact opposite of anxiety, depression, and hopelessness. Who doesn’t want peace? If it was for sell at the local department store, they would always be sold out. And, it doesn’t come in the form of a pill – it can only be attained from a super-natural source – “in Christ Jesus.” God’s peace, after all, “surpasses all understanding.”

If you want this peace, it will do no good to focus on trying not to be anxious, depressed, or hopeless. Instead, the Scripture advises:

*“You keep him in perfect peace whose **mind is stayed on you**, because he trusts in you.”* Isaiah 26:3 ESV

*“For to set the mind on the flesh is death, but to **set the mind on the Spirit is life and peace.**”*

Romans 8:6 ESV

*“For **he himself is our peace**...”* Ephesians 2:14 ESV

“Seek peace and pursue it.” Psalm 34:14 ESV

The gist of these verses is this:

- Peace is readily available to us
- Jesus is our peace
- Focusing on Him, trusting in Him, keeps us in perfect peace
- But to have peace, we must pursue it – it must become our mindset

Peace does not come by simply desiring it. We have peace because we know where to find it, we focus on Jesus the source of peace, and we constantly pursue peace instead of:

- anger
- control
- ambition
- materialism
- pride
- jealousy

Peace is only possessed when it's pursued. On Day 7, we will discover that we can prove these great truths to ourselves.