



### Part 1: The Promise of Peace

John 14:25-27; 16:33; Romans 15:13

#### I. An Anxious World

The topic of anxiety is a little tricky ... we must be wise and discerning about the way we view anxiety ... there are real anxiety disorders that need medication apart from the Lord's healing ... it's a good thing that the stigma of mental health is lessening today ... but we must not be quick to jump to a culture's methods of dealing with stress & anxiety because we may not deal with the root cause of our anxiety.

"The presence of anxiety is unavoidable, but the prison of anxiety is optional. Anxiety is not a sin; it is an emotion...Anxiety can, however, lead to sinful behaviors." – Max Lucado, *Anxious for Nothing*

#### II. Jesus' Promise of Peace (John 14:27; 16:33)

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

"I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

##### A. Context (John 13-16)

Jesus is about to be crucified, resurrected, and ascended to Heaven promising the Holy Spirit. This leads to fear and anxiety in his friends.

##### B. The Necessity of the Holy Spirit (John 14:16-18, 26; Romans 8:6)

"And I will ask the Father, and he will give you another Counselor to be with you forever – the Spirit of Truth. ... you know him, for he lives with you and

will be in you. I will not leave you as orphans; I will come to you.” John 14:16-18

“But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” John 14:26

“The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.” Romans 8:6

### C. Jesus’ Promise of Peace (John 14:27; 16:33)

Jesus contrasts the peace he gives with the peace the world gives. There’s a worldly peace that does not last or sustain us for long.

1. Worldly peace is circumstantial at best; based on a lie at worse. Worldly peace depends on us or others to secure the right circumstances that we think will make us happy and safe.
2. Jesus’ peace is not circumstantial, but relational. It flows as a gift from Jesus’ presence with us through the Holy Spirit.

Jesus’ peace is a deep sense that “all is well” even in the midst of very challenging circumstances (John 16:33).

“I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33

Jesus’ peace is not circumstantial, but relational. It flows as a gift from his presence with us through the Holy Spirit.

Jesus’ peace flows from the experienced truth that Jesus loves me unconditionally; Jesus is always with me; Jesus cares for me; and Jesus will bring me through the challenging circumstances or bring me home to himself.

See Numbers 6:22-26.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

## III. Return and Reset

Jesus promises peace to those who belong to him through faith.

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.” Romans 5:1-2

Application:

1. Take an inventory of the ways you are seeking to secure peace. Is it from Jesus or the world?
2. Memorize (hide in your heart) John 14:27 and Romans 16:33 (see memory cards).

**Discussion Questions:**

1. Read John 14:25-27 and 16:33. What do you think is the difference between Jesus' peace and the world's peace?
2. What does Jesus say the Holy Spirit will do? How does Romans 8:6 help us answer this question?
3. How do you pay attention to Jesus' presence in your life? What practices help you?
4. Can you share a time when Jesus gave you peace when you were anxious?