



Most people long for peace and yet so many cannot find it.

But there is a way
and it is the only way to find peace that lasts.
God wants you to have His special peace
in your heart and in your mind
to help you live your life and enjoy it.

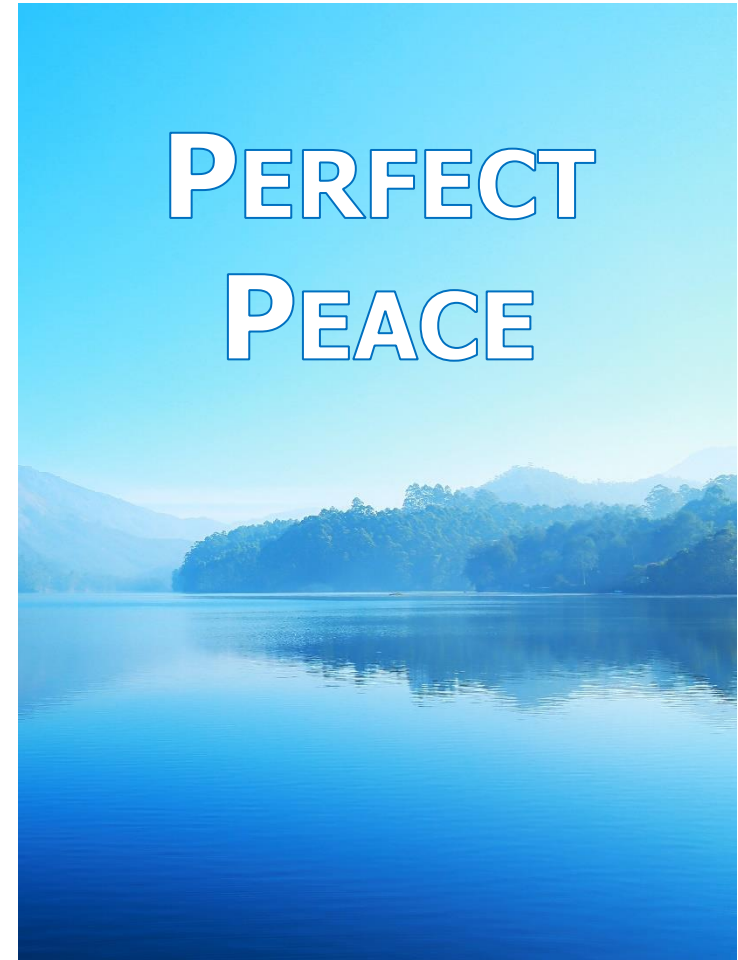
Discover how to find true peace
and how to keep experiencing it.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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'Perfect Peace'
by
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all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or ever will do wrong is forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

PERFECT PEACE

I often think that if people could only have one thing, most would choose peace above everything else. Because if you have peace, then you are content with everything else you have or don’t have. Yet this world is far from peaceful. There are nations at war with each other, there are religious groups persecuting other groups, there is family breakdown and bullying on a huge scale. There is anxiety about the details of life and about what’s happening in the world. There is torture, grief and abuse. Peace can seem a luxury.

What’s Special about God’s Peace?

Jesus was called the Prince of Peace and the first thing He said to His followers after He rose from the dead in Luke 24:36 was – *“Peace be to you.”* And it says in 1 Corinthians 14:33 that – *‘God is not a God of confusion, but of peace.’* So how does this tie up with the lack of peace around us.

God’s peace is not the same as the world’s peace. The world sees peace as the absence of other things such as war, hate, jealousy, strife, anger. They feel that if the bad things don’t exist or don’t affect them, then they can have peace. So they think that the way to peace is to stop all these sorts of things happening. And of course that would be wonderful and would bring a measure of peace. But people would still find that they didn’t have real peace inside.

God’s peace isn’t just the absence of things you don’t want, it’s the presence of God. Jesus says in John 14:27 – *‘My peace I give to you; not as the world gives, give I to you.’* Only God can give

you peace as something positive that works for you in any circumstances. With God's peace it is possible to face problems and not lose your peace inside. The world's peace disappears in a moment when things go wrong. With God's peace you can find the way forward in the middle of problems and still have peace.

In Philippians 4:7 God's special kind of peace is described as – *'the peace of God, which surpasses all understanding.'* It goes beyond understanding. The peace of God is something that you experience, rather than understand with your mind. It is impossible for someone to describe it when they haven't experienced it. It is like someone trying to describe the taste of a banana when they've never eaten one. And even when you have experienced the peace of God, it is still hard to find words – you just know it.

How did God Provide Peace?

God has always wanted to be at peace with people. Right at the beginning He made people to be in a peaceful relationship with Him, but they spoilt it all when they started to sin – what the Bible calls the things people think, say and do which are wrong. God hates sin. He knows how destructive it is to the people who sin, to the people around them and to the whole world, and He cannot have sin in His presence. It had to be punished. So He gave them the law which told them in minute detail how to live good lives and He established a system of animal sacrifices for the people to obtain His forgiveness when they messed up.

But this was never God's final plan and one day He sent His Son, Jesus, to earth to live and die as the final 'once for all' sacrifice. When Jesus was born, the angels sang in Luke 2:14 – *"Glory to God in the highest, on earth peace, good will towards men."*

imagining gives you a real sense of peace? If you don't know the answer to that yet, ask God to show you and wait. Don't worry – instead, trust Him to help you. Imagine yourself in the two different situations again from time to time until you can see which is the way of peace. Let God's peace be in charge of the decision – let peace rule in your heart.

Perfect Peace

God is the God of peace, and Jesus is the way He was able to bring people back to live in perfect peace with Him. In John 14:27 Jesus says – *'Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.'* God loves you so much – He longs for you to be at peace in your heart, just as you would want that for someone you loved. He has done everything that is necessary for you to experience it and He will help you every step of the way.

Decide to start releasing His peace in you today. Start to train yourself to trust God. Don't feel guilty or give up when you start worrying again, just turn your thoughts back to Him. It sounds impossible until you try it, but its only as you do that you start to find it is possible. And the more you do it, the easier it will get.

Only God's peace is perfect. It is the only peace which you can still experience when life is difficult. And Jesus is the only way to find it. God longs for you to have peace even more than you want it and it's yours for the taking. What more could you ask for!

God has given you His wonderful peace, but you have to release it. If you think worry filled thoughts, then you will not experience God's peace even though it is inside you. But as you choose to think positive thoughts based on God and His wonderful love for you and learn to trust Him, you are releasing His wonderful peace inside you so you can experience it and it can help you. I know this is much easier to write than to actually do, but it is only as you start to turn your thoughts round that you will find it is true. And when you fail and the worries crowd in, don't give up. God knows it's not easy and He wants to help you. Just turn your thoughts back to Him and His love for you, and move forward again with Him. Jesus said in John 16:33 – *'I have told you these things, that in me you may have peace. In the world you have trouble; but cheer up! I have overcome the world.'*

Let Peace Rule

Life can throw all sorts of things at you which can so easily turn your thoughts away from peace. And everyone has to make decisions which are sometimes difficult with a lot depending on making the right choice. Colossians 3:15 says – *'Let the peace of God rule in your hearts.'* If you will let it, God's peace can really help you as you think about what to do.

Let's take an example – say you are trying to decide whether to change careers or not. You like your present job, but you have this dream of taking a risk and doing something different. You find yourself going over and over it all and getting more and more stressed.

Let peace help you make your mind up – let it be the deciding factor. First of all imagine yourself staying in your present job. Then imagine yourself following the dream. Which way of

They weren't singing about peace on earth between people – that has never happened. Jesus Himself said in Matthew 10:34-36 – *'Don't think that I came to send peace on the earth.'* The angels were singing about peace between people and God.

When Jesus died, His death provided forgiveness for every sin – past, present and future. This meant that people could come into God's presence again because His anger at sin had been poured out on Jesus, and Jesus had suffered their punishment in their place. At last, people could once again be at peace with God, and He with them. When Jesus died the Bible describes God in Colossians 1:20 as having reconciled everything to Himself – *'having made peace through the blood of his cross.'*

If you accept what Jesus did for you and accept Him as your Lord and Saviour you are born-again. And it is then that the forgiveness Jesus won for you on the cross becomes real in your life. You are justified and able to be in a peaceful relationship with God. Justified means 'just as if you hadn't sinned'. You can stand pure before God, not because you deserve to, but because He loves you so much that Jesus took your punishment and died in your place. Romans 5:1 says – *'Being therefore justified by faith, we have peace with God through our Lord Jesus Christ.'* (To read more about being born-again go to the end of this booklet.)

How Do You Get It?

Peace isn't something that is just going to happen. If you ask God for peace and continue to worry and think negative thoughts, peace will not come. You have to cooperate with God. 1 Peter 3:11 says – *'Let him seek peace, and pursue it.'* In Matthew 5:9 Jesus said – *'Blessed are the peacemakers, for they shall be called children of God.'* This is often presumed to refer to people

who make peace between others. I am sure this is true. But you are also a peacemaker if you choose to have peace in your own heart. In fact it would be very difficult to be completely at peace with others if you did not have peace inside yourself.

If you are born-again, you've already got the peace of God inside you! Yes – it's there whether you feel it or not. God's Holy Spirit has come to live in you and part of His make-up is peace. Galatians 5:22-23 says – *'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control.'* But you need to believe it's there. God will never force you to experience His blessings, but He will never keep them from you either. He wants you to want them. Psalm 29:11 says – *'The LORD will bless his people with peace.'*

As you learn more about God, how much He loves you and all that He has done for you through Jesus, your relationship with Him will deepen and you will start to experience more of His peace.

Many people think God is an angry God who is waiting for them to do something wrong so He can punish them. If this is how you see God, you will not experience His peace. God is love and His love for you is total and unconditional. He's not making a list of all the wrong things you do, say and think, so He can punish you one day. There is nothing you can do to make God love you more, because He already loves you totally. And there's nothing you can do to make Him love you less because His love for you doesn't depend on how you perform – it is unconditional. God's love for you isn't about what you do, it's about what Jesus did. If you struggle with this, read my booklets 'God Loves You' and 'God's Not Angry with You'. Settle in your mind and in your heart once and for all that God loves you no matter what.

How Do You Keep Experiencing It?

Once you are born-again you have the peace of God inside you. You can choose to let it fill you or you can squash it down, but you can't lose it. If you feel you've lost it, you haven't - you've lost the experience of it.

You have to decide to live by the way of peace. When everything is screaming at you to be anxious or fearful or angry or despairing, you need to choose peace. It's not easy but it is possible. God never asks you to do something that's impossible.

In the Old Testament, before Jesus was born, God gave this wonderful promise in Isaiah 26:3 – *'You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.'* If you keep thinking about the difficulties you are facing you will not feel at peace. But if you start to focus on God and His total unconditional love for you, and trust Him to bring you through the difficulties, you will be able to experience His peace. I know this doesn't sound easy and it probably won't happen overnight, but the more you turn your thoughts to God and choose to trust Him, the more peace you will feel. As you do this more and more, the easier it will be, but you have to make the effort.

Philippians 4:4-7 explains how it works – *'Rejoice in the Lord always! Again I will say, "Rejoice!" Let your gentleness be known to all men. The Lord is at hand. In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.'* When you make God your focus, the peace you feel will itself help you to turn away from negative thoughts. It is a wonderful upward spiral, but it starts when you choose to trust God and turn your thoughts to Him.