

# Peace

## Peace of mind

I think I have figured out that stress is, and always has been, just a consequence of living as a adult in this world.

Worry is one of the things that causes stress in people's lives.

Worry is when your thoughts are consumed with trying figure out how to change something that is beyond your ability to change, like some condition in yours, or someone else's life, or the chosen path of some person you care about.

And it usually happens after you have done all you can, or were allowed to do.

Another cause of stress is shouldering the responsibility to provide the needs/wants to ourselves and to those that are dependant on us. Maybe Adam and Eve, before they sinned, had nothing to cause stress in their lives, since God provided all their needs and wants to them.

But things changed after they sinned, and we all live under varying amounts of life's responsibilities, that can cause stress.

Stress can build up over time and the world has come up with all kinds of ways to find a tranquil , relaxed, peace of mind to "reset the stress meter".

Vacations, meditation, exercise, yoga, therapy groups, etc. All these things might work, to varying degrees, but are all temporary relief.

But what brings about sustained peace of mind?

In John 15: 14 Jesus says that those who believe in him and obey his teachings are his friends.

We probably all have at least some people we call friends, but true friends are very rare.

True friends always are there for you, and care more for your welfare than even their own.

And true friends talk, a lot, to each other.

There are no subjects that are, off limits, between friends.

And when a problem comes up, a true friend helps if they can, and if they can't, they just hold your hand and listen, and that shows you the love they have for you.

Prayer seems to only come to mind when we have trouble.

The Bible shows us that this isn't a recent development.

In Job 35: 9-11 Elihu says "People cry out under a load of oppression; they plead for relief from the arm of the powerful.

But no one says, 'Where is God my Maker,

who gives songs in the night, who teaches us more than he teaches the beasts of the earth, and makes us wiser than the birds in the sky?"

Prayer is a gift from God, so we can talk to Him, our truest and best friend.

Jesus is our Lord and Savior, and he was when he walked the earth, but he was also a man.

All through the scriptures during his time here on earth he always sought out private places to go and pray. Stephen prayed while he was being stoned(Acts 7: 59-60).

Paul and Silas prayed and sang hymns after being beaten, put in chains, and thrown into prison(Acts 16:

23-25), and many other examples of God's friends talking to him in times of hardship.

He wants to hear from his friends today too.

He wants to hear about your good times, and bad. He wants you to ask him for advice, guidance, and help with the curve balls life throws at you.

The more you talk to him, the stronger your friendship with him grows and, unlike a earthly friend, his guidance is always correct, and no problem you have is too big for him.

Talk to God often.

Deal with all life's issues you can.

Trust and believe your truest friend in heaven will help you with the rest.

This is the key to a true, sustained peace of mind.

In summary, whenever, or in whatever context, peace is wished for, the answer to it is always the same.

As prophesied in Isaiah 6:9, Jesus is the "Prince of Peace", and he is always the answer, to those who believe in him, and follow his teachings.