

# PEACE

God's answers for anxious hearts

A 30-Day Devotional  
By Jon Haley

*Peace – A 30-Day Devotional*  
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Fort Worth, Texas

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# **Foreword:**

## **A Story of Life Change by Nancy Restrepo**

Hi, my name is Nancy. I have a new life in Christ, and I am in recovery from alcoholism, marijuana abuse, and an episode of psychosis.

*Show me the right path, O LORD, point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long, I put my hope in you.*

Psalm 25:4-5

My testimony is complicated, messy, and difficult to understand, but I believe by being honest and explaining exactly what happened to me, my experience could possibly help someone else, and that gives me enough courage to tell my story.

When I was young, I grew up in church; I learned all about God and the bible. My mother has always been a devout Christian; that's how she and my dad were raised, so naturally, they raised me that way, too. For a long time, that's how I saw it; it was just a chain of beliefs that was a good way to raise a family and teach your kids to be obedient. I was saved when I was seven and had absolutely no understanding or even memory of what I was doing, and I had no concept of eternity.

Fast forward to my teenage years, I didn't care about church; it was just another responsibility my mom had given me. I would always go to church and church camp, and I would say around 17, that's when I got saved again at church camp. I remember the preacher being very strong and convicting,

and he said, "Jesus can get up on that cross, but you can't even get out of your seats," so I did. I have gone over this and over this in my head: was I truly saved? Did I truly give my life to God? I don't think I did because shortly after that, I began to dive back into the world and started discovering independence and rebellion. I realized nobody could make me go to church and nobody could make me do anything. I was 18, after all. So, I dove headfirst into every mistake I could think of: drug addiction, sexual immorality, the party lifestyle, and trying to please and be accepted by the wrong people.

Things got horrible and got a little better when I met my husband, Andres. But then drinking truly came into my life when I turned 21, it was years of being selfish in my addiction to alcohol. I didn't even give God a single thought. I remember when I first met Andres, we talked about God; he asked me if I believed in God, and I was like, "Yeah, I mean, I think so." Even though I lived my life the way I wanted to and didn't exactly follow God. I didn't know anything different. He then went on to explain how he didn't believe there was a God, that people are good and evil on their own accord, and everything that we know can be explained scientifically and has nothing to do with a divine creator. As life went on, I began to believe this, too. I don't even know how it happened, but it did. I had stopped believing in God. I started to be offended when my mom would send me scriptures or someone would invite me to church. They were telling me something was wrong with me and that I needed to change. At least, that's how I took it. that was true, but I wasn't ready to accept it. I wanted to continue in my sin. I wasn't even ready to accept that it was sin. I had no moral compass.

After several years of this same behavior, I knew drinking was wrong now, but I couldn't stop. I became a mother, and I slowly started to become a better person because of my kids, but the drinking continued, and I still didn't have God. One day, my friend Allie was talking about God and how she needed to get back into the Word. I remember thinking, "Is God calling me back?" Why did I have that thought? I didn't believe in God...right?

Soon after that, I started researching the world today and its state, seeing that there is true evil in this world. Evil can't just be explained away by saying, "Well, there are some mean people in this world." No, the evil that is prominent today can only be explained by something much more evil than humans can be on their own. Long story short, I saw and believed that Satan was real.

I became obsessed with researching and fact-checking this terrible truth, but why? Why now? I have never been even remotely interested in the evils of this world. Why was this brought to my attention? Then, it was like a lightbulb that went off in my head. All of this was real and true. God is real. He always has and will always be more real than anything we know here on earth. Then another light bulb: "He is real, and I have turned my back on Him."

My life, my unbelief, and my sin all came into focus, and my heart dropped. I opened my dusty Bible, and I don't remember even where or what passage I opened it to, but it was about God's wrath and horrible judgment. I was shaking and crying, and it was like I felt lifeless. I needed help. I needed to do something. I called my mom crying and told her I knew the truth about God. I know He's real, and I know I need to repent.

My mom came over immediately, and we talked and walked through Romans Road. I prayed to God for the first time in a long time. I told him I was genuinely sorry for my sin and unbelief. I asked Him to be my savior, and I stopped everything. Drinking, smoking, lying, hating... everything. I tried to change my life and follow the Lord. I started attending church, and everything was great... until it wasn't.

I remember I was watching *A Case for Christ* one night in a movie about the book written by Lee Strobel. At the end of the movie, one of the main characters gets saved. This should make me happy and give me joy seeing the depiction of someone accepting Christ, but for some reason, I got this weird sinking feeling that I can't explain. I tried reading my Bible, but the feeling only got worse. What was this, and why? I am saved. Am I changing my life? Shouldn't this be a good thing? Shouldn't I have joy, peace, and all the feelings everyone talks about after being saved?

The feeling turned into agony. I couldn't sleep. I couldn't eat. I started to hallucinate when I would close my eyes. I began to disconnect from reality, and the only emotion I had was fear, intense blood-curdling fear all the time. It got worse; I couldn't put sentences together. I was cold and shaking all the time and was having horrible demonic dreams. I couldn't think about anything but the fear. I started trying to drink again to escape what I was going through; sometimes, it helped, and sometimes, it made it worse. I kept asking God why. Why is this happening to me? I felt like Peter, who came out to Jesus on the water but took his eyes off him and began to sink.

Then I found Hebrews 6:4-6 without context; it explains that it is impossible to come to repentance if you have fallen away. I thought I had found my answer as to why I was going

through this agonizing pain. I couldn't be saved, I had gone too far and messed up too badly. My unbelief was my undoing, and I had accepted that I would be going to hell. Once I had this in my head, there was no stopping it. No matter what people told me and how they were trying to explain the passage's context, I wouldn't accept it, and I just got worse and worse.

I was losing weight drastically, and my hair was falling out. I couldn't work or even get out of bed. I was losing my mind. I then went to the hospital and got medication, then again, and again, and again, and they just kept adding more and more medication. Nobody could explain what was happening to me. My thought was that I was going to be like this forever. There was no escaping it. Why was this happening? Is it my brain, or was it God? Am I being punished? People who did not believe in God and may or may not be going to hell lived a perfectly comfortable life here on earth, so what was happening to me? I wouldn't accept it, even though I felt rejected by Him I was going to follow the Lord no matter how much it hurt. I was not going to let Satan win, Jehovah-Nissi the Lord is my banner.

Around this time, I started to attend Re-Gen. I surrounded myself with women who spoke the truth to me and listened to me. I cried and talked, and they just listened. I was able to hear their stories, too. Ecclesiastes 4:12 *And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.* I had 8 beautiful strands. Amazing women who followed the Lord knew his character and believed in His goodness. This was something I desperately needed at the time.

Shortly after, the Lord led me to a good Doctor who cared and listened. He took me off all the medication and put me

on just one. I promised God I would stop drinking and smoking THC, and I promised I was done. That was December 23, 2023, and I have not had a drink or smoked since. I kept my promise, and so did God.

*Micah 7:7 But as for me, I watch in hope for the LORD, I wait for God my savior; my God will hear me ...* and He did, I woke up one day, and I did not feel the blood-curdling fear I did not feel the cold agony of Gods absence, but I felt warmth, I felt peace, I felt GRACE. I remember that day I finally got out of bed and started cleaning the house and caring for the children I had been neglecting for months. I could hug them, feel the warmth on their little faces, and finally see the beauty of the blessings that God had given me.

God was present, and I finally felt the feeling I had longed for. His spirit spoke to my heart and had given me a new identity. I just knew and felt it: I was loved, I was a child of the one true God, and without any doubt in my mind, I knew that through the precious blood of Jesus Christ, I was redeemed.

*John 16:33 These things I have spoken to you that in me you may have peace. in the world you will have tribulation; but be of good cheer I have overcome the world.*

Working through Re-Gen has only strengthened my relationship with God and helped me to accept the sin I had committed against Him and my family. It gave me a safe space to talk about it, knowing that I wasn't alone and wasn't being judged. Friendship and fellowship with these ladies have helped me learn God's character and understand how much he truly loves every one of us despite our faults. God knew what He was doing when he led me to this program; He knew I would need these women to help me pick up the



pieces after the storm that blew through my life and help me continue my walk with Christ.

My relationship with God is better than I could have ever imagined. I understand who He is and who I am now that Christ resides in me. I will never take my salvation for granted. Not a day goes by that I don't thank the Lord for what He has done in my life. Joy and peace are never something I will take for granted again, either. Every time I feel the sun on my face, a breeze through my hair, or a smile on my sweet baby's face, I send up a prayer of gratitude.

I will never know precisely what happened to me, but I am thankful for it; no matter what I go through, I now know that God has a plan. It shook me to my core and helped me understand the gravity of what Jesus did for us and why He did it. It was because of love, a true and never-ceasing love that only He offers. He will never leave me or forsake me; His love endures forever.

I am not excluded. I am not unloved. I am a child of God, and He will forever guide my path. I am undeserving but infinitely thankful for a redeemer who can save anyone, even me.

**My name is Nancy, and I have a new life in Christ.**

*If you are looking for a CHRIST-CENTERED recovery ministry, check out  
[www.regenerationrecovery.org](http://www.regenerationrecovery.org)*

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# Introduction

Are you living in peace? We live in a world filled with people who struggle to find or live in peace. Does peace evade you? Do you lay awake at night? You are not alone. Let me encourage you: Peace is available and promised.

In a world filled with chaos, division, and distractions, peace often feels more like a distant dream than a present reality. But what if peace isn't something we find—it's something we receive?

Paul wrote about this in Philippians. These verses will be the launching point of this devotional book. I want to share two different versions of these verses.

*<sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>**and the peace of God, which surpasses all understanding**, will guard your hearts and minds through Christ Jesus.<sup>1</sup>*

*<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>**Then you will experience God's peace, which exceeds anything we can understand**. His peace will guard your hearts and minds as you live in Christ Jesus.<sup>2</sup>*

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<sup>1</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Php 4:6–7.

<sup>2</sup> Tyndale House Publishers, [\*Holy Bible: New Living Translation\*](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Php 4:6–7.

This 30-day devotional is designed to help you discover and experience the peace only God provides. Over the next six weeks, we will explore peace with God others, and peace in our hearts and homes.

I pray this devotion will help you develop a daily habit of diligently seeking God because he rewards those who do. Remember, you are not alone if you've been searching for peace and coming up empty. Take heart! Peace isn't missing. It's available to you in Christ. Let's take this journey together and find the peace that can never be lost.

# Instructions

- Take time each day before you read to pray and ask God to reveal Himself through His Word, by His Spirit.
- Take time to read, meditate, reflect and apply the passage.
- Take time to read the entire chapter in which the key verse is a part and strive to get the context of the verse.
- Take time to try and memorize the key verse.
- Take time to journal and apply.
- Respond in prayer to what God reveals to you.

I have provided a format to help you process and apply the daily readings. Remember, you will get out of this in proportion to what you put into it. In the book *Growing Up* by Robby Gallaty, one of the appendices is a sample from the H.E.A.R. journal. Follow this pattern as you read your Bible each morning.

# Sample H.E.A.R. Entry

**Read:** Philippians 4:10-13

## **H (Highlight)**

*I can do all things through Christ who strengthens me.  
Philippians 4:13*

## **E (Explain)**

Paul was telling the church at Philippi that he had discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

## **A (Apply)**

I will experience many ups and downs in my life. My contentment is not found in the circumstances. Instead, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength to be content in every life circumstance.

## **R (Respond)**

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

# PEACE

## DAY 1

### ***Romans 15:13***

*<sup>13</sup> Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.<sup>3</sup>*

#### **Read Romans 13**

Paul prays a short powerful prayer over the followers of Jesus who are in Rome. I pray this prayer over you as well. I pray the God of hope will fill you with joy and peace. I pray you would abound in hope through the power of the Holy Spirit.

“Several times Paul’s words sound as if he were ending this epistle (vv. 13, 33; 16:20, 25–27). This verse (15:13) is in effect a benedictory prayer. The description of God as the God of hope relates to hope mentioned in the preceding verses and to the promises of God recorded in the Scripture which give hope (v. 4). Paul desired God to fill his readers with all joy and peace (cf. 14:17).

- **Joy** relates to the delight of anticipation in seeing one’s hopes fulfilled.
- **Peace** results from the assurance that God will fulfill those hopes (cf. 5:1; Phil. 4:7). These are experienced as believers trust in Him (cf. Heb. 11:1).

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<sup>3</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Ro 15:13.

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- As a result believers overflow with **hope** by the power of the Holy Spirit (cf. Rom. 15:19). The achievement of all God's purposes for the spiritual welfare of His children comes from the power given by the Spirit of God. What a fitting closing reminder to the apostle's discussion of Christian living."<sup>4</sup>

The two key words I do not want you to overlook or miss are found in the middle of the verse. Reread the verse. <sup>13</sup> *Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.*<sup>5</sup> Hope, Joy and Peace are only found in placing your faith in JESUS.

You must first place your faith in Jesus for salvation. Secondly, we must daily place our faith in Him through surrender. The only way to have hope, joy and peace is first through salvation and then surrendering to Him daily.

If you have never placed your faith in Jesus for salvation, please do that now. You can TRUST in Jesus for forgiveness of sins by taking the following three steps:

### 1. Admit you are a sinner.

<sup>23</sup> *for all have sinned and fall short of the glory of God,*<sup>6</sup>

### 2. Believe Jesus died for you.

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<sup>4</sup> John A. Witmer, "[Romans](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 496.

<sup>5</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 15:13.

<sup>6</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 3:23.



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*<sup>16</sup> For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.<sup>7</sup>*

### **3. Confess Jesus is Lord.**

*<sup>9</sup> that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. <sup>10</sup> For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.<sup>8</sup>*

To walk in peace, you must surrender your plans for His daily. Daily surrender your life to live and walk according to what God has called you to do. Daily trust Him and the power of the Holy Spirit who dwells in you will fill you with joy and peace.

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<sup>7</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 3:16.

<sup>8</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 10:9–10.

## H.E.A.R. Journal

### **H (Highlight)**

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### **E (Explain)**

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### **A (Apply)**

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### **R (Respond)**

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# PEACE

## Day 2

### ***Philippians 4:5-6***

*<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

*<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.<sup>9</sup>*

### **Read Philippians 4**

What makes you anxious? I am not known to be someone very anxious. I don't worry much. My wife will tell you I don't worry about anything, and she is not saying this as a compliment. Although this is not entirely accurate, there is some truth in her thinking.

I am a pastor, which gives me plenty of things to "worry" about. I have two adult children who gave me plenty of things to be anxious about, especially when they were in their teen years. I serve as the President of the Baptist Bible Fellowship International, which brings a whole other set of opportunities to be stressed over.

Do you know what one thing I genuinely stress over? A few years ago, while traveling, I spent too much money, time, and emotional energy on this area of my life. Are you ready for it? The aisle seat on the airplane. I have a very

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<sup>9</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Php 4:6–7.

## PEACE

unhealthy stress reaction when ensuring I get the aisle seat, especially on long international flights.

Paul says, “Don’t worry about anything.” It shouldn’t be part of our lives. He’s merely echoing Jesus’ three-time exhortation in Matthew 6.<sup>10</sup> Paul’s appeal to the Philippians is do not be anxious about anything. But this was not a call to a carefree life. To care and be genuinely concerned is one thing. To worry is another.<sup>11</sup>

We will take time later to unpack this more, but for today, I would like you to focus on Paul’s statement. He makes a declarative command, not a passive suggestion: Don’t worry about anything; **pray about everything.**

As we start this journey of searching for peace in Jesus, let’s start today by praying. Take time to ask God for peace. Take time to ask God to give you the ability to be thankful in the face of your anxiety.

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<sup>10</sup> Tony Merida and Francis Chan, [\*Exalting Jesus in Philippians\*](#), ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2016), 179.

<sup>11</sup> Robert P. Lightner, “[Philippians](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 663.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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## PEACE

### DAY 3

#### *Philippians 4:5-6*

*<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.<sup>12</sup>*

#### **Read Philippians 4**

Is all “anxiety” bad? Paul said he had deep “concern” for the churches. “<sup>28</sup> And, apart from other things, there is the daily pressure on me of my **anxiety** for all the churches.<sup>13</sup>” What did Paul mean by he had deep concern or anxiety?

Paul meant that he cared; he was concerned for their spiritual future. We, too, should have a burden for people’s souls. Remember also that Jesus wept over Jerusalem and was a man of sorrow, but He never sinned by worrying and taught that we shouldn’t worry. So, the problem of anxiety doesn’t mean we live unconcerned, dispassionate lives. Indeed, some worry is positive. This good anxiety calls us to perform our responsibilities.<sup>14</sup>

Living a life that is self-defeating, and worry filled is sin. I have heard it said this is functional atheism because

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<sup>12</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Php 4:6–7.

<sup>13</sup> [\*The Holy Bible: English Standard Version\*](#) (Wheaton, IL: Crossway Bibles, 2016), 2 Co 11:28.

<sup>14</sup> Tony Merida and Francis Chan, [\*Exalting Jesus in Philippians\*](#), ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2016), 175.

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you are living as though God does not exist, as if he is not in control.

*This line of thinking leads us to how one can live with a good form of anxiety and avoid sinful anxiety—you must broaden your vision. You must step back and observe the big picture, as Paul did (cf. Rom 8:28), and realize that no anxiety should immobilize us and squeeze the joy out of us, because we have an eternal perspective of God’s goodness.<sup>15</sup>*

This type of worry is ultimately a lack of trust in God. This is why verse six is vital to remember. *“Let your request be made known to God.”<sup>16</sup>* Take your worries, cares, and anxieties to God. He is capable. He is able. He is faithful. He is in control. “Constant prayer, specific petition for needs, and thanksgiving are not only the Lord’s antidote for such anxiety but God’s expressed will in all circumstances.”<sup>17</sup>

**Here are three essential questions to ask yourself daily.**

1. Do you believe God is good?
2. Do you believe God is in control?
3. Will you trust Him until He proves it?

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<sup>15</sup> Tony Merida and Francis Chan, [\*Exalting Jesus in Philippians\*](#), ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2016), 176.

<sup>16</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Php 4:6b

<sup>17</sup> A. Boyd Luter Jr., [\*“Philippians,”\*](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 1046.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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## PEACE

### DAY 4

#### ***I Peter 5:6-7***

*<sup>6</sup> Therefore humble yourselves under the mighty hand of  
God, that He may exalt you in due time,  
<sup>7</sup> casting all your care upon Him,  
for He cares for you.<sup>18</sup>*

#### **Read I Peter 5**

Have you ever been humbled? I have! Many years ago, when my kids were small, I recall a time in which the words of my daughter humbled me. It was a lazy Saturday afternoon, and I was flipping through the channels. As usual, there was nothing to watch. It must not have been football season.

The Incredible Hulk flashed across the screen and I proudly asked my daughter, who was probably around six then, if she thought I was more powerful than the Hulk. She boldly and proudly shouted, “Yes!” I was full of pride and continued to flip through the channels. The TV was full of women bodybuilders flexing their muscles. I asked my daughter, “Is Daddy more muscular than these ladies?” She cautiously stated, “No, they would destroy you, Dad.” There it was my prideful moment quickly turning into humility.

Peter reminds the church that pride keeps us from trusting God. Humility is necessary to trust in God. “Humility

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<sup>18</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Pe 5:6–7.

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preserves peace and order in all Christian churches and societies; pride disturbs them. To be humble and subject to our reconciled God will bring greater comfort to the soul than the gratification of pride and ambition”.<sup>19</sup> Pride will keep you from trusting and will lead to more anxiety and stress. Humble yourself and trust God by casting your cares, worries, and concerns on Him. Remember, He cares for you.

Knowing God’s attitude should cause Christians to be subject to others and deliberately subject themselves to God’s sovereign rule. The command "humble yourselves" could be translated as “allow yourselves to be humbled.” Those suffering persecution for Christ’s sake could be encouraged because the same mighty hand that let them suffer would one day lift them (cf. James 4:10).

Peter then referred to Christ’s classic words of encouragement in the Sermon on the Mount (Matt. 6:25–32), quoting Psalm 55:22: *Cast your cares on the Lord, and He will sustain you*. “All a believer’s anxieties can be cast ... on Him. Christ sustains because He cares. A Christian’s confidence rests in Christ being genuinely concerned for his welfare.”<sup>20</sup>

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<sup>19</sup> Matthew Henry and Thomas Scott, [\*Matthew Henry’s Concise Commentary\*](#) (Oak Harbor, WA: Logos Research Systems, 1997), 1 Pe 5:5.

<sup>20</sup> Roger M. Raymer, “[1 Peter](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 856.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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## PEACE

### DAY 5

#### ***Isaiah 26:3-4***

*<sup>3</sup>You will keep the mind that is dependent on you in perfect peace, for it is trusting in you.*

*<sup>4</sup>Trust in the LORD forever,  
because in the LORD, the LORD himself, is an everlasting  
rock! <sup>21</sup>*

#### **Read Isaiah 26**

Peace of mind. Doesn't that sound amazing? Who doesn't want a mind at peace? These two short verses written by the prophet Isaiah reveal a key to having peace of mind.

“The prophet wrote a song that will be sung by the redeemed when the Messiah will establish the millennial kingdom. Isaiah pictured himself standing in the redeemed land with the remnant listening to the people express their thanks and confidence in God”.<sup>22</sup>

“The song of the redeemed (26:1–6) is not merely a song of thanksgiving but it is a celebration of trust in God whose “city” of salvation will be glorious (cf. Ps. 46). The godly community awaits the moment of their redemption. In this section, Isaiah addresses those who trust in Yahweh. He

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<sup>21</sup> [Christian Standard Bible](#) (Nashville, TN: Holman Bible Publishers, 2020), Is 26:3–4.

<sup>22</sup> John A. Martin, [“Isaiah,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1074.

## PEACE

encourages the godly to wait in hiding for a little while until the Lord completes his judgment upon the wicked.”<sup>23</sup>

The prophet Isaiah is speaking of the future when followers of Jesus will reign with Him forever and ever. However, this song is one a follower of Jesus can sing today. The reality of Jesus's return and future reign reminds us this world is not our home and we are just passing through. Remember, even in the struggles, God is near and with you. This is the song of the Redeemed, and God has promised never to leave or forsake you.

*<sup>1</sup>Now this is what the LORD says—the one who created you,  
Jacob, and the one who formed you, Israel—“Do not fear,  
for I have redeemed you; I have called you by your name;  
you are mine.*

*<sup>2</sup>When you pass through the waters, I will be with you, and  
the rivers will not overwhelm you,  
When you walk through the fire, you will not be scorched,  
and the flame will not burn you.*

*<sup>3</sup>For I am the LORD your God, the Holy One of Israel, and  
your Savior.<sup>24</sup>*

Peace of mind comes to those who trust and depend on Him for their eternal destiny and daily necessities.

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<sup>23</sup> Willem A. VanGemeren, [“Isaiah,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 491.

<sup>24</sup> [Christian Standard Bible](#) (Nashville, TN: Holman Bible Publishers, 2020), Is 43:1–3a.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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## PEACE

### DAY 6

#### ***Romans 5:1***

*<sup>1</sup>Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,<sup>25</sup>*

#### **Read Romans 5**

The reality is this devotion should probably be the first one. Mankind cannot experience true peace OF God until we are at peace WITH God. Peace of mind and heart are not possible apart from God. We can have peace with God in our lives unless we are at peace with God.

“Having proven that justification before God comes only through faith, Paul now reveals the result of justification: peace with God. What the first Adam lost in the Garden of Eden, the second Adam has restored. Now any who seek peace with God may have it.”<sup>26</sup>

Paul explains the sin of Adam puts all of mankind as enemies with God. Our sin separates us from the Holy and righteous God. We are not only separated, but enemies of our Creator. This is an alarming reality. Indeed, this is the “bad news” of the Bible. **It gets worse!** If we die, without our relationship being reconciled, we will live for eternity as enemies of God.

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<sup>25</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Ro 5:1.

<sup>26</sup> Kenneth Boa and William Kruidenier, [\*Romans\*](#), vol. 6, Holman New Testament Commentary (Nashville, TN: Broadman & Holman Publishers, 2000), 150.

## PEACE

Let's look at our Romans 5:1 again. *Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ*, and we can have peace with God through justification by faith. What does this mean? How does one become justified? I am glad you asked. This is the “good news” of the Bible.

“While we were rebellious and despicable, Christ died for us so that we could come to God, find peace with him, and become heirs of his promises. Christ did not die so that we could be made lovable; Christ died because God already loved us and wanted to bring us close to himself.”<sup>27</sup>

You see, even though you and I were enemies of God, Jesus came and died to make a way for us to be reconciled to God. *But God showed his great love for us by sending Christ to die for us while we were still sinners.*<sup>28</sup> God desired for us to have peace WITH Him. Therefore, He sent Jesus to live a sinless life to be the perfect sacrifice. Because Jesus died for us we can have peace WITH God.

To be justified means to be declared “Not Guilty”. If we are declared not guilty, then we are no longer enemies of God but friends of God. The relationship that was broken through sin can be restored by faith. Do you want to be justified and attain peace with God?

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<sup>27</sup> Bruce Barton et al., [\*Life Application New Testament Commentary\*](#) (Wheaton, IL: Tyndale, 2001), 597.

<sup>28</sup> Tyndale House Publishers, [\*Holy Bible: New Living Translation\*](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ro 5:8.



# PEACE

**Here are three steps to take to be at peace with God.**

1. **Admit you are a sinner.** Romans 3:23 *for all have sinned and fall short of the glory of God,*<sup>29</sup>
2. **Believe in Jesus and receive forgiveness.** John 3:16 *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*<sup>30</sup>
3. **Confess your faith in Jesus.** Romans 10:9 *that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*<sup>31</sup>

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<sup>29</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 3:23.

<sup>30</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 3:16.

<sup>31</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 10:9.

## H.E.A.R. Journal

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### E (Explain)

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### A (Apply)

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### R (Respond)

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## PEACE

### DAY 7

#### ***Exodus 14:13-14***

<sup>13</sup> *And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever.*

*<sup>14</sup> The LORD will fight for you, and you shall hold your peace.”<sup>32</sup>*

#### **Read Exodus 13**

“*Hold your peace*” This phrase is not typical of our culture and language. What does it mean? Let me share a few different English translations of these two verses.

#### **New Living Translation**

<sup>14</sup> *The LORD himself will fight for you. **Just stay calm.***”<sup>33</sup>

#### **English Standard Version**

<sup>14</sup> *The LORD will fight for you, and you have only to **be silent.***”<sup>34</sup>

#### **New American Standard Bible**

<sup>14</sup> *The LORD will fight for you while you **keep silent.***”<sup>35</sup>

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<sup>32</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ex 14:13–14.

<sup>33</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ex 14:14.

<sup>34</sup> [The Holy Bible: English Standard Version](#) (Wheaton, IL: Crossway Bibles, 2016), Ex 14:14.

<sup>35</sup> [New American Standard Bible, 1995 Edition: Paragraph Version](#) (La Habra, CA: The Lockman Foundation, 1995), Ex 14:13–14.

## PEACE

Hold your peace, stay calm, be silent and keep silent all point to a posture and practice of TRUST. Moses instructed the people to trust God because He would fight for them.

“Moses told them, “Don’t be afraid. Stand firm and see the LORD’s salvation He will provide for you today; for the Egyptians you see today, you will never see again. The LORD will fight for you; you must be quiet” (vv. 13–14). What kind of strategy is this? Stand there quietly? “The LORD will fight for you”? Yes. That is the right strategy.”<sup>36</sup>

Today, you and I should practice this more. Stay still, silent and calm. Turn it over to God because He is fighting for you. In what area of your life do you need to sit back and let God fight for you?

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<sup>36</sup> Tony Merida, [\*Exalting Jesus in Exodus\*](#) (Nashville, TN: Holman Reference, 2014), 83.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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## PEACE

# DAY 8

### ***Numbers 6:24-27***

*<sup>24</sup> “The LORD bless you and keep you; <sup>25v</sup> The LORD make His face shine upon you, And be gracious to you; <sup>26</sup> The LORD lift up His countenance upon you, And give you peace.” <sup>27</sup> “So they shall put My name on the children of Israel, and I will bless them.” <sup>37</sup>*

### **Read Numbers 6**

I have been blessed to go to Kenya on twelve different occasions. I have taken my dad, brother, kids, wife, sister-in-law and hundreds of people from my church since 2009. So many memories flood my mind when I reflect on the different trips. Each trip brings new experiences, life-changing moments and memories which last a lifetime. However, let me share an emotional memory.

The bus was boarding, and the group was leaving. The moment we depart from the school each day is not easy or enjoyable. The kids at Maasai Corner Academy have a special place in my heart. As we board the bus to return to our hotel each day, it seems frantic and disheartening. Especially, when it will be the last time we see the students. This scene was playing out again as it has so many other times. However, it would prove to be different.

The 13 year-old girl told me she has been preparing to sing me a song. Finally, the moment came as we stood on the dirt path just between the medical clinic and the open-air cafeteria/chapel. She began to fearfully, cautiously, and yet boldly sing the song, THE

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<sup>37</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Nu 6:24–27.

## PEACE

BLESSING. The blessing, of course, comes from this prayer of blessing found in Numbers 6. I will never forget this special blessing God gave to me in Kenya, Africa.

“We need the blessings that God lists here: to be cared for by the Lord who watches over us; to have the smile of His face upon us and the riches of His grace given to us; to have Him pay attention to us when we call; and, as the result of these things, to enjoy His peace in our hearts.

Peace (*shalom*) is one of the great words in the Hebrew vocabulary, and it means much more than the absence of storm and trouble around us. It involves quietness of heart within us, spiritual health and spiritual prosperity, adequacy for the demands of life, and the kind of spiritual well-being that rises above circumstances.”<sup>38</sup>

It is God alone who can provide this blessing. He ultimately offered this blessing through the life and work of His Son, Jesus Christ. The Lord has been gracious to us by sending His son to die in our place. Through Jesus, we can not only have peace with God, but also experience the peace of God.

“The priests were given the privilege of serving at the altar and ministering in the sanctuary, but they were also allowed to bless God’s people in the name of the Lord. We use this blessing today, for it belongs to us as well as to Israel. The church has been blessed with “every spiritual blessing” through the Lord Jesus

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<sup>38</sup> Warren W. Wiersbe, [\*Be Counted\*](#), “Be” Commentary Series (Colorado Springs, CO: Chariot Victor Pub., 1999), 29.

## PEACE

Christ (Eph. 1:3) and we can claim this benediction through Him.”<sup>39</sup>

Take time today to thank God for His blessings, grace and peace.

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<sup>39</sup> Warren W. Wiersbe, [\*Be Counted\*](#), “Be” Commentary Series (Colorado Springs, CO: Chariot Victor Pub., 1999), 28.



## H.E.A.R. Journal

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# PEACE

## Day 9

### ***I Samuel 17:45***

*<sup>45</sup> Then David said to the Philistine, “You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.”<sup>40</sup>*

### **Read I Samuel 17**

The giant, Goliath, mocked the nation of Israel and thus mocked the God of Israel. Goliath issued a call to battle. He challenged the nation of Israel to send their greatest warrior to engage him in a one-on-one fight to the death. The country whose warrior proved to be victorious would rule over the country whose warrior was defeated.

*<sup>10</sup> And the Philistine said, “I defy the armies of Israel this day; give me a man, that we may fight together.” <sup>11</sup> When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.<sup>41</sup>*

King Saul was a warrior who should have had the faith to seek God and fight the enemy. If he had trusted God for victory, God would have empowered him to defeat the enemy. However, he hid in fear. The giant's taunting continued for 40 days, as no one had enough faith to accept the challenge.

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<sup>40</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Sa 17:45.

<sup>41</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Sa 17:10–11.

## PEACE

“No one in all of Israel dared to face him. And that’s when a little shepherd boy bringing lunch to his brothers wandered into the story. Upon hearing Goliath’s boasts, David was outraged. He marched into King Saul’s tent and volunteered for duty. Saul tried to fit David in his armor, but David refused. He told Saul that as a shepherd, God had given him victory over lions and bears and that God would now deliver this giant into his hands! Saul was moved by the young boy’s faith and sent him to face the Philistine.”<sup>42</sup>

“After waiting for forty days, Goliath is disappointed and disgusted when he sees the youthful, unarmed David coming toward him. How much glory is there in killing a defenseless youth? David listens to Goliath’s curses and then acknowledges that his main weapon is *the name of the LORD Almighty*” (v. 45). Because of David’s apparent weakness, the glory for the victory will go to the Lord, which could be a testimony to the whole world. Like Saul’s son, Jonathan, David believes that the battle is the Lord’s and that victory does not depend on who has the best weapons or the most soldiers. Just as the parting of the Red Sea terrified the nations (Exod. 15:14–15), so the death of Goliath will demonstrate the power of Israel’s God.”<sup>43</sup>

I do not believe David lacked fear. However, he had peace because He had faith. Faith is an avenue to peace. Trusting God will deliver. How about you? What battle are you facing? Will you trust God or lean on your own

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<sup>42</sup> <https://www.sharefaith.com/blog/2016/08/top-10-examples-of-faith-in-the-bible-for-sunday-school/>

<sup>43</sup> Herbert M. Wolf, “1-2 Samuel,” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 205.

## PEACE

understanding? Will you allow Him to fight with you? Will you believe there is no problem too small or too big for God? Will you let your faith in God's provision provide you with peace?

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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# PEACE

## Day 10

### ***Luke 8:48***

*<sup>48</sup> And He said to her, “Daughter, be of good cheer; your faith has made you well. Go in peace.”<sup>44</sup>*

#### **Read Luke 8**

“Trust” and “Faith” are interchangeable. As we have stated before, peace is not possible without trust. Let’s look at these powerful words Jesus spoke. He said, *your faith has made you well*.

Jesus was walking through a crowd, when a ruler of the synagogue approached him. He fell to his feet and begged Jesus to come heal his 12-year-old daughter who was dying. Seemingly, Jesus was on his way to the house when he was interrupted.

*<sup>43</sup> Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, <sup>44</sup> came from behind and touched the border of His garment. And immediately her flow of blood stopped.<sup>45</sup>*

Jesus immediately asked who touched Him. The disciples were baffled because they were engulfed in a crowd. How could anyone determine who Jesus was talking about? The

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<sup>44</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Lk 8:48.

<sup>45</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Lk 8:43–44.

## PEACE

lady was healed immediately. She had exhausted all her money, along with the doctors' wisdom, and had not received relief. She lived in isolation, as she would have been ceremonially unclean. She could not be around people, and she could not enter the synagogue. She was immediately healed by one touch of the hem of Jesus' garment.

*<sup>46</sup> But Jesus said, "Somebody touched Me, for I perceived power going out from Me." <sup>47</sup> Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately.*<sup>46</sup>

"The woman's faith became public when she **fell at His feet**. The woman's **faith** had **healed** her (8:48)—faith that Jesus could make her ceremonially clean and therefore faith that He is the Messiah."<sup>47</sup>

"This woman had a hidden need, a burden she had lived with for twelve long years. It affected her physically and made life difficult. But it also affected her spiritually, because the hemorrhage made her ceremonially defiled and unable to participate in the religious life of the nation (Lev. 15:19–22). She was defiled, destitute, discouraged, and desperate; but she came to Jesus and her need was met."<sup>48</sup>

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<sup>46</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 8:46–47.

<sup>47</sup> John A. Martin, "Luke," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 227.

<sup>48</sup> Warren W. Wiersbe, [The Bible Exposition Commentary](#), vol. 1 (Wheaton, IL: Victor Books, 1996), 203.

## PEACE

### **What was the result of her faith?**

She received physical and spiritual healing, leading Jesus to end the conversation by saying *Your faith has made you well now go in PEACE*. Peace is not possible apart from faith.

What do you need to turn to God in faith to “go in peace?”



## H.E.A.R. Journal

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# PEACE

## Day 11

### ***Judges 6:23-24***

*<sup>23</sup> Then the LORD said to him, “Peace be with you; do not fear, you shall not die.” <sup>24</sup> So Gideon built an altar there to the LORD, and called it The-LORD-Is-Peace. To this day it is still in Ophrah of the Abiezrites.<sup>49</sup>*

### **Read Judges 6**

God shows up and calls Gideon to a God-sized task. He is hiding in a wine press because he lacks courage and faith. Yet, God calls him a mighty man of valor. God was calling him to something greater. Let me give you three principles about the Lord and His plan to invite you into what He is doing.

1. God is always at work.
2. God invites you to be involved in what He is doing.
3. You cannot stay where you are and go with God.

Gideon asks two questions. These questions reveal his lack of faith in God and his lack of faith in himself. Gideon’s first question to God is about the lack of concern God has for His people. *If the LORD is with us, why has all this happened to us?*<sup>50</sup> His second question is directed to the wisdom of God in his choice for Israel’s deliverance. <sup>15</sup> *So he said to Him, “O my Lord, how can I save Israel? Indeed my clan is*

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<sup>49</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Jdg 6:23–24.

<sup>50</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Jdg 6:13.

## PEACE

*the weakest in Manasseh, and I am the least in my father's house.*"<sup>51</sup> God assures Gideon He will be with Gideon and defeat the enemy.

"It has often been said that "God's commandments are God's entablements. " Faith means obeying God despite what we see, how we feel, or what the consequences might be"<sup>52</sup>

Gideon tests the Angel to see if He is truly of the Lord. The Angel of the Lord brought fire from the rock to consume the meat and the bread. Gideon finally believes this is a messenger from God. The following words the Angel says are transformative. *"then the LORD said to him, 'Peace be with you; do not fear, you shall not die.'*"<sup>53</sup>

Gideon, at this moment, has faith. He believes this messenger is from God and God will protect him. He builds an altar and calls it Peace.

"Unless we're at peace with God, we can't confidently face the enemy and fight the Lord's battles. It was customary for the Jews to identify special events and places by putting up monuments, so Gideon built an altar and called it "The Lord is peace." The Hebrew word for "peace" (*shalom*) means much more than a cessation of hostilities but carries with it the ideas of well-being, health, and prosperity.

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<sup>51</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jdg 6:15.

<sup>52</sup> Warren W. Wiersbe, [Be Available](#), "Be" Commentary Series (Wheaton, IL: Victor Books, 1994), 49.

<sup>53</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jdg 6:23.

## PEACE

Gideon now believed the Lord could use him, not because of who he was but because of who God was.<sup>54</sup>

Peace is available when you take the Lord at His word. He is with us; because He is with us, we can worship the Lord of Peace, like Gideon.

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<sup>54</sup> Warren W. Wiersbe, [Be Available](#), "Be" Commentary Series (Wheaton, IL: Victor Books, 1994), 51.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### R (Respond)

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## PEACE

### Day 12

#### ***I Samuel 1:17***

*<sup>17</sup> Then Eli answered and said, “Go in peace, and the God of Israel grant your petition which you have asked of Him.” <sup>18</sup> And she said, “Let your maidservant find favor in your sight.” So the woman went her way and ate, and her face was no longer sad.<sup>55</sup>*

#### **Read I Samuel 1**

Prayer leads us into God's presence, where we find peace. Peace is not found in prosperity, provision or protection, but in the presence of the PRINCE OF PEACE.

Hannah, a faithful wife, is desperate to give her husband a male child. “Because a Hebrew man’s posterity was bound up in his having a son to perpetuate his name, his wife’s inability to conceive a son was regarded as a curse from God. (According to Deut. 7:13–14 Having children was a sign of God’s blessing. Conversely, the Israelites considered the inability to bear children as a curse.)”<sup>56</sup>

I am sure most women can attest to the following statement. Often, men just don’t get it. Hannah’s husband, Elkanah, can’t grasp why she is so despondent. *Hannah, why do you weep? Why do you not eat? And why is your heart grieved? Am I not better to you than ten sons?*<sup>57</sup> Reread it.

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<sup>55</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:17–18.

<sup>56</sup> Eugene H. Merrill, [“1 Samuel,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 433.

<sup>57</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:8.

## PEACE

Do you see it? Men, do you understand why this was not a wise statement? He says you have no reason to be sad because I am so wonderful. OUCH! I often am not as considerate as I should be, but even I realize this was not wise. I wonder if he knew it as soon as the words came out of his mouth. Probably not.

Hannah takes it to the Lord in prayer. <sup>9</sup> *So Hannah arose after they had finished eating and drinking in Shiloh. Now Eli the priest was sitting on the seat by the doorpost of the tabernacle of the LORD.* <sup>10</sup> *And she was in bitterness of soul, and prayed to the LORD and wept in anguish.*<sup>58</sup> She passionately and powerfully prays to the Lord through her tears and sorrow. Her husband has not figured out why she is so grieved. The priest is not much more perceptive.

<sup>12</sup> *And it happened, as she continued praying before the LORD, that Eli watched her mouth.* <sup>13</sup> *Now Hannah spoke in her heart; only her lips moved, but her voice was not heard. Therefore Eli thought she was drunk.* <sup>14</sup> *So Eli said to her, “How long will you be drunk? Put your wine away from you!”*<sup>59</sup>

Hannah’s husband is insensitive, and the priest assumes she is drunk. Hannah explains her situation and tells Eli she is crying out to God to give her a son. Eli responds, Go in **peace**, and God will give you what you have asked for. So

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<sup>58</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:9–10.

<sup>59</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:12–14.

## PEACE

*the woman went her way and ate, and her face was no longer sad.*<sup>60</sup>

Her peace was not found in the answer to prayer, but from the Hearer of prayer. Prayer is the pathway to peace because prayer ushers us into the presence of the Prince of Peace. Her situation had not yet changed. However, she believed God heard her and would answer her. How about you? When you are grieved, misunderstood and falsely accused, will you respond by taking it to the Lord in prayer?

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<sup>60</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:18b.



## H.E.A.R. Journal

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# PEACE

## Day 13

### Isaiah 32:16-17

*<sup>17</sup> The work of righteousness will be peace, And the effect of righteousness, quietness and assurance forever.*

*<sup>18</sup> My people will dwell in a peaceful habitation,  
In secure dwellings, and in quiet resting places,<sup>61</sup>*

### Read Isaiah 32

“Two major themes in Isaiah 32 resonate with our current world situation.

- First, we see the corruption of rulers who use their positions of leadership in government for selfish purposes.
- The second central theme is how the power of the Holy Spirit can change everything, making leaders godly and making society richly blessed.”<sup>62</sup>

This description given by Isaiah is the desire of all of us. Imagine what life would be like if the world were at peace. What an idyllic picture of utopia described in verse 18. “However, this is not a utopian vision for what can happen in this world; it is a foretaste of the new heaven and new earth. It is also a call for Christian leaders to use their

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<sup>61</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Is 32:17–18.

<sup>62</sup> Andrew M. Davis, [\*Exalting Jesus in Isaiah\*](#) (Nashville, TN: Holman Reference, 2017), 180.

## PEACE

positions of power to bless their people in the pattern of Christ.”<sup>63</sup>

“Reliance on Yahweh is one of the major emphases in these chapters. In response, God’s people wait for the fullness of redemption. As Christians, we believe the day of redemption is closer since the coming of the Lord Jesus. Yet, along with the saints of the Old Testament, we must have a real sense of hope and longing for the fullness of redemption to which the prophet bears witness.”<sup>64</sup>

**What should we do as we wait for His return?** <sup>42</sup> *And the Lord said, “Who then is that faithful and wise steward, whom his master will make ruler over his household, to give them their portion of food in due season?”* <sup>43</sup> *Blessed is that servant whom his master will find so doing when he comes.*  
<sup>65</sup>

The answer is simple: we should work while we wait. God has given us a mission, We should live out that mission daily as we await His return.

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<sup>63</sup> Andrew M. Davis, [\*Exalting Jesus in Isaiah\*](#) (Nashville, TN: Holman Reference, 2017), 180.

<sup>64</sup> Willem A. VanGemeren, [\*“Isaiah,”\*](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 496.

<sup>65</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Lk 12:42–43.

## H.E.A.R. Journal

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# PEACE

## Day 14

### ***Psalm 37:11***

*<sup>11</sup>But the meek shall inherit the earth, And shall delight themselves in the abundance of peace.<sup>66</sup>*

#### **Read Psalm 37**

It is not fair. If you have raised kids, you have heard this thousands of times. I am sure I said it as an adult more than a few times and have thought it many times.

In this Psalm, David “describes at length the difficulty of the present time, for the meek, the faithful, and the righteous. It is not only that evil men flourish in society, grow wealthy, corrupt justice, and seem to escape retribution. That is sufficiently unjust so that even the godly become envious, fretting at the unfairness of life.”<sup>67</sup>

How should we respond when life seems unfair? Have you ever asked God why it seems the wicked prosper and you struggle? David gives us a formula for living in peace even when we have doubts and struggles and watch those who do not love Jesus prosper.

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<sup>66</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ps 37:11.

<sup>67</sup> R. E. O. White, “[Psalms,” in \*Evangelical Commentary on the Bible\*, vol. 3, Baker Reference Library \(Grand Rapids, MI: Baker Book House, 1995\), 379.](#)

# PEACE

## 1. Trust in the Lord.

*<sup>3</sup> Trust in the LORD and do good. Then you will live safely in the land and prosper. <sup>68</sup>*

## 2. Delight in the Lord.

*<sup>4</sup> Take delight in the LORD, and he will give you your heart's desires. <sup>69</sup>*

## 3. Commit yourself to the Lord.

*<sup>5</sup> Commit everything you do to the LORD. Trust him, and he will help you. <sup>70</sup>*

## 4. Be still and wait on the Lord.

*<sup>7</sup> Be still in the presence of the LORD, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes. <sup>71</sup>*

## 5. Don't be angry.

*<sup>8</sup> Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm. <sup>72</sup>*

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<sup>68</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:3.

<sup>69</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:4.

<sup>70</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:5.

<sup>71</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:7.

<sup>72</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:8.

## PEACE

### 6. Remember, God wins in the end.

*<sup>9</sup> For the wicked will be destroyed, but those who trust in the LORD will possess the land.*

*<sup>10</sup> Soon the wicked will disappear. Though you look for them, they will be gone.*

*<sup>11</sup> The lowly will possess the land and will live in peace and prosperity. <sup>73</sup>*

There is an old hymn that says:

Standing on the promises of Christ my King,  
Through eternal ages let His praises ring;  
“Glory in the highest,” I will shout and sing,  
Standing on the promises of God. (R. Kelso Carter,  
“Standing on the Promises”)

“Essentially, that is what Psalm 37 calls us to do. It calls us to stand on the promise that even though it appears that the wicked are thriving while the righteous suffer, the Lord will reward the faithfulness of his people.”<sup>74</sup>

Will you choose to stand on the promises of God today?

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<sup>73</sup> Tyndale House Publishers, [Holy Bible: New Living Translation](#) (Carol Stream, IL: Tyndale House Publishers, 2015), Ps 37:9–11.

<sup>74</sup> J. Josh Smith and Daniel L. Akin, [Exalting Jesus in Psalms 1–50](#), ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2022), 275.

## H.E.A.R. Journal

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# PEACE

## Day 15

### *Psalm 85:10*

*<sup>10</sup>Mercy and truth have met together; Righteousness and peace have kissed.<sup>75</sup>*

#### **Read Psalm 85**

“The psalmist acknowledged the goodness of God in restoring His people and forgiving their sins. He then prayed that the Lord would remove His wrath from His people. The psalmist’s confidence in the Lord came from God’s promise of salvation.”<sup>76</sup>

*<sup>4</sup>Restore us, O God of our salvation, And cause Your anger toward us to cease. <sup>5</sup> Will You be angry with us forever? Will You prolong Your anger to all generations?<sup>77</sup>*

From these few verses, the author is troubled. He acknowledges God's goodness in bringing them back into the land and forgiving their sins. These verses reveal the author and the nation of Israel’s desire to see God's blessings for them and their land. The desire climaxes in verse six as the author pleads with the Lord to bring revival.

“Psalm 85 urges us to a kind of holy discontentment with the status quo. The psalmist is not saying, ‘It is what it is.’ He’s saying, ‘No, it needs to change. God, come!’ And he

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<sup>75</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ps 85:10.

<sup>76</sup> Allen P. Ross, “Psalms,” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 855.

<sup>77</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ps 85:4–5.

## PEACE

starts asking for big things. We need renewal. We need joy in God. We're lifeless."<sup>78</sup> The passion to see God move in and through His people is eloquently spoken of in this Psalm.

"The writer was confident that the LORD would cause His attributes (love, faithfulness, and righteousness) to work together to provide peace, righteousness, and prosperity."<sup>79</sup>

If we want to see the fulfillment of verse 10, *Mercy and truth have met together; Righteousness and peace have kissed*. We must seek the Lord in prayer. "We don't need some new initiative, *as if* that would trigger revival. What we need is renewed confidence in the power of God's Spirit working through the gospel."<sup>80</sup>

Like the Psalmist, will you pray for God to revive us again?

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<sup>78</sup> David Platt, Matt Mason, and Jim Shaddix, [\*Exalting Jesus in Psalms 51-100\*](#) (Nashville, TN: Holman Reference, 2020), 315.

<sup>79</sup> Allen P. Ross, "[Psalms](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 856.

<sup>80</sup> David Platt, Matt Mason, and Jim Shaddix, [\*Exalting Jesus in Psalms 51-100\*](#) (Nashville, TN: Holman Reference, 2020), 322.

## H.E.A.R. Journal

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# PEACE

## Day 16

### ***Esther 4:15-16***

*<sup>15</sup> Then Esther told them to reply to Mordecai: <sup>16</sup> “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”<sup>81</sup>*

### **Read Esther 4**

The Book of Esther is filled with divine and ironic reversals. It is one of two books in the Bible that does not mention God's name. The other book is Song of Solomon.

The absence of His name does not infer the absence of His presence. Esther's response shows incredible calm, peace, and resolve in the face of horrific circumstances. This proves again that peace is possible in the presence of the Father.

Queen Esther is faced with a life or death situation. Her people, the Jewish nation, is on the brink of being annihilated. The man who raised her, Mordecai, pleads with her to go and speak to the King on behalf of the Hebrew people. Esther sends word back to Mordecai conveying what a dangerous proposition this would be.

*Esther talked it over with Hathach and then sent him back to Mordecai with this message: “Everyone who works for*

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<sup>81</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Es 4:15–16.

## PEACE

*the king here, and even the people out in the provinces, knows that there is a single fate for every man or woman who approaches the king without being invited: death. The one exception is if the king extends his gold scepter; then he or she may live. And it's been thirty days now since I've been invited to come to the king.”*<sup>82</sup>

Mordecai encourages Esther to consider God has made her a Queen for such a time as this. His message and encouragement are precisely the words Esther needed to hear. She responds with faith.

*Esther sent back her answer to Mordecai: “Go and get all the Jews living in Susa together. Fast for me. Don't eat or drink for three days, either day or night. I and my maids will fast with you. If you will do this, I'll go to the king, even though it's forbidden. If I die, I die.”*<sup>83</sup>

The step of faith could have cost Esther her life. However, through prayer and fasting, God gave her the strength and faith to present herself to the King. God gave her the ability to have peace in the face of death. This was possible because she trusted in the Lord. What step of faith is God asking you to take? Have you prayed about it? Have you enlisted others to pray with you

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<sup>82</sup> Eugene H. Peterson, [\*The Message: The Bible in Contemporary Language\*](#) (Colorado Springs, CO: NavPress, 2005), Es 4:10–11.

<sup>83</sup> Eugene H. Peterson, [\*The Message: The Bible in Contemporary Language\*](#) (Colorado Springs, CO: NavPress, 2005), Es 4:15–16.

## H.E.A.R. Journal

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# PEACE

## Day 17

### *Psalm 13:5*

*<sup>1</sup>How long, O LORD? Will You forget me forever?  
How long will You hide Your face from me? <sup>5</sup>But I have  
trusted in Your mercy; My heart shall rejoice in Your  
salvation. <sup>6</sup>I will sing to the LORD,<sup>84</sup>*

### Read Psalm 13

David is dealing with three questions. These three questions are a key to living with peace of mind. Ultimately, we cannot have peace without faith. Take time to read, reflect, and respond to these three questions.

#### **1. Do you believe God is good?**

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#### **2. Do you believe God is in control?**

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#### **3. Will you TRUST Him until He proves it?**

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“The bread of sorrows is sometimes the saint’s daily bread; our Master was a man of sorrows. When trouble lasts long,

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<sup>84</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ps 13:1–6.

## PEACE

it is a common temptation to think that it will always last. Those who have long been without joy begin to be without hope. We should never allow ourselves to complain, but what drives us to our knees? Nothing is more killing to a soul than the want of God's favor; nothing more reviving than the return of it.”<sup>85</sup>

I, like David, have often felt overwhelmed, abandoned, isolated and as if God was hiding from me. How should I respond during times of darkness? How should you respond in the dark days? How did David respond?

Let's look at the outline of this poem and draw an application from David.

1. He complains to God. (1-2)
2. He cries out to God. (2-3)
3. He trusts God. (5-6)

David expressed his trust in the mercy of God. The Hebrew word translated as mercy is **“hesed”**. **“Hesed”**, found some 250 times in the Old Testament, expresses an essential part of God's character. When God appeared to Moses to give the Law a second time, He described Himself as “abounding in” or “filled with”hesed”, which is translated “love and faithfulness,” “unfailing love,” “faithful love,” “steadfast love,” and “loyal love,” depending on the Bible version ([Exodus 34:6-7](#)). The core idea of this term communicates loyalty or faithfulness within a relationship. Thus, ”hesed” is closely related to God's covenant with His

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<sup>85</sup> Matthew Henry and Thomas Scott, [Matthew Henry's Concise Commentary](#) (Oak Harbor, WA: Logos Research Systems, 1997), Ps 13:1.



## PEACE

people, Israel. As it relates to the concept of love, "hesed" expresses God's faithfulness to His people.

When you feel as if God is not near, remember the goodness of God and His faithful love which endures forever.

*<sup>21</sup>This I recall to my mind, Therefore I have hope.*

*<sup>22</sup>Through the LORD's mercies we are not consumed,  
Because His compassions fail not.*

*<sup>23</sup>They are new every morning; Great is Your faithfulness.<sup>86</sup>*

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<sup>86</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), La 3:21–23.

## H.E.A.R. Journal

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# PEACE

## Day 18

### *Joshua 1:9*

*<sup>9</sup> Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.<sup>87</sup>*

#### **Read Joshua 1**

I don't know how many people would sign up to be the guy who followed Moses. I have always heard you do not want to be the guy who follows the guy. This seems to be true in sports, church or political arenas.

Taking over a new college football program is difficult for anybody. You must get used to new players, coaches and a fanbase used to having things done a certain way. Then, you must find ways to win games. There is a lot of pressure on you to succeed; it is a business that not everybody has the heart to get done.

“When replacing a legendary head coach, the pressure is magnified by 1,000. Forget about making an impact early on; you must do everything perfectly and convince everybody involved that everything will be alright without the former coach on the sidelines. While nobody in their right mind expects you to fill those shoes, plenty of guys couldn't escape the shadow and quickly crashed and burned before the gig started”.<sup>88</sup>

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<sup>87</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Jos 1:9.

<sup>88</sup> <https://bleacherreport.com/articles/1562914-10-coaches-who-have-successfully-replaced-a-legend>

## PEACE

Moses was the only leader the nation of Israel had ever known. He led them through amazing victories. He was the one who led them out of Egyptian bondage. He was the voice of God to the people and the voice of the people to God. Joshua would now be the new leader. He, no doubt, was filled with fear. In three verses, God tells him to be courageous and not afraid.

The third call to courage addressed to Joshua was based on the promise of *God's presence*. This did not minimize the task Joshua faced. He would encounter giants and fortified cities, but God's presence would make all the difference.

Joshua probably had times when he felt weak, inadequate and frightened. Perhaps he considered resigning before the Conquest even began. But God knew all about his feelings of personal weakness and fear and told Joshua three times, **Be strong and courageous** (vv. 6–7, 9; cf. v. 18). God also urged him **not to be afraid or discouraged** (cf. Deut. 1:21; 31:8; Josh. 8:1). These charges with their accompanying assurances (**God's promise, God's power, and God's presence**) were sufficient to last a lifetime. The same three assurances can uplift believers today.<sup>89</sup>

In your moments of weakness and seasons of anxiety, remember God is with you and can give you peace.

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<sup>89</sup> Donald K. Campbell, "[Joshua](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 329.

PEACE

## H.E.A.R. Journal

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# PEACE

## Day 19

### Proverbs 3:1-2

*My son, do not forget my law, But let your heart keep my commands; <sup>2</sup>For length of days and long life And peace they will add to you.<sup>90</sup>*

#### Read Proverbs 3

I don't remember exactly my age or the circumstances that led me to an epiphany. I am afraid to question my parents about my age or the circumstances which resulted in a change of behavior. I may be giving myself more credit and grace than I deserve.

Growing up, my default reaction seemed to be to question and rebel against any suggestion, command or rule. Honestly, that is still in my nature and rears its ugly head sometimes. I figured out something much later than my siblings did. Maybe I was too stubborn; it couldn't have been a lack of intelligence, right?

What I failed to realize was peace comes from walking in obedience. It is much easier to live in harmony when you listen and obey. Sadly, I was probably close to 17 before I genuinely grasped this. King Solomon explains this to his son in Proverbs 3. *My son, do not forget my law, But let your heart keep my commands; <sup>2</sup>For length of days and long life And peace they will add to you.<sup>91</sup>*

“Again, the son is urged—both negatively (do not forget) and positively (keep)—to heed what he was being taught. If

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<sup>90</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Pr 3:1–2.

<sup>91</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Pr 3:1–2.

## PEACE

these instructions are part of one's inner life, two benefits will be realized: longevity, a sign of God's blessing, and prosperity. The word for prosperity, *šālôm*, is often translated as 'peace.' Though it includes peace and prosperity, it is broader in meaning. It also suggests wholeness, health and harmony."<sup>92</sup>

The simple and plain truth is obvious to some, but fuzzy to others. If we walk in obedience, we can live in harmony with the Lord. Of course, this is a spiritual principle with very practical ramifications. Had I chosen to walk in obedience as a young teenager, there would have been much more harmony in the Haley Home. Should I choose to walk in obedience to the Lord, my life will not only be longer, but more peaceful. Are you living in harmony with the Lord through simple obedience?

"It isn't enough for believers to carry the Bible in their hands; they must let the Holy Spirit write it on their hearts. Obedience to the Word can add years to your life and life to your years."<sup>93</sup>

As Solomon to His Son, I encourage you to walk in obedience. Examine your life. Are you currently walking in obedience? Is there an area of your life in which you are not?

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<sup>92</sup> Sid S. Buzzell, "[Proverbs](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 911.

<sup>93</sup> Warren W. Wiersbe, [Be Skillful](#), "Be" Commentary Series (Wheaton, IL: Victor Books, 1996), 38.



## H.E.A.R. Journal

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## PEACE

### Day 20

#### ***Luke 1:38***

*<sup>38</sup> Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her.<sup>94</sup>*

#### **Read Luke 1**

The road to peace is not always the path of least resistance. Mary, the mother of Jesus, displayed outstanding faith and trust in God's plan. She was a young Hebrew girl who had her life planned out. Her Father, no doubt, had arranged for her to be married to Joseph.

This young Jewish girl was planning and preparing for her wedding day. I would assume, like any girl in this culture, she was filled with anticipation, excitement, concerns and thoughts of the future. She no doubt wondered what marriage would be like, how many kids they would have and how long it would take to have their first child. She had no idea what God would do in her and through her. We read in Luke the angel Gabriel appears to her and tells her this life-changing message.

*<sup>28</sup> And having come in, the angel said to her, “Rejoice, highly favored one, the Lord is with you; blessed are you among women!” <sup>29</sup> But when she saw him, she was troubled at his saying, and considered what manner of greeting this was. <sup>30</sup> Then the angel*

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<sup>94</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 1:38.

## PEACE

*said to her, “Do not be afraid, Mary, for you have found favor with God. <sup>31</sup> And behold, you will conceive in your womb and bring forth a Son, and shall call His name JESUS. <sup>32</sup> He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. <sup>33</sup> And He will reign over the house of Jacob forever, and of His kingdom there will be no end.”<sup>95</sup>*

The choice Mary had before her would forever change her life. To embrace this plan of God, would result in a cloud of suspicion and shame hanging over her and her family for the rest of their lives. Talk about a lack of peace in her situation. It would cause her heart to suffer untold pain and grief as her son would die a brutal and unjust death. It would place her on the front lines of an eternal struggle between the forces of heaven and hell. Does this sound like the path to peace?

Yet, despite these things, Mary told Gabriel, ‘*Behold the maidservant of the Lord! Let it be to me according to your word.*’<sup>96</sup> What a powerful statement of faith! In response, the prophecy of Isaiah 7:14 was fulfilled: ‘*The virgin will conceive and give birth to a son and will call him Immanuel* (which means ‘God is with us’).

Mary’s words exemplify all who follow the Lord in faith. The road to peace is not always the path of least resistance; it is often winding and complex. May we be like Mary and

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<sup>95</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 1:28–33.

<sup>96</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 1:38.

## PEACE

declare our faith: *Behold the maidservant of the Lord! Let it be to me according to your word.*

## H.E.A.R. Journal

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## PEACE

# Day 21

### Isaiah 9:6-7

*<sup>6</sup> For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.*

*<sup>7</sup> Of the increase of His government and peace There will be no end, Upon the throne of David and over His kingdom, To order it and establish it with judgment and justice From that time forward, even forever. The zeal of the LORD of hosts will perform this.<sup>97</sup>*

### Read Isaiah 19

What comes to your mind when you read these two verses? I should dig down a little with my question. What season of the year immediately comes to your mind as you read these two familiar scripture verses?

If you are like me, you begin to think about Christmas. What do you think of when you think of Christmas? If your house is like mine, it has 24/7 Hallmark Christmas movies. Did you know they run those movies in July as well? I digress.

This passage is often read at Christmastime and is an obvious prophecy of Jesus. These two verses speak of Jesus' humanity and deity. Isaiah speaks of the first and second

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<sup>97</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Is 9:6–7.

## PEACE

advents of Christ. “Advent” means arrival or coming. This is a prophecy of baby Jesus and King Jesus.

“The child (v. 6) is the Immanuel (Isaiah 7:14). He is God’s gift to man’s predicament. He is fully human (‘child,’ ‘born,’ ‘son’), but he is also divine, with all the perfections of kingship in himself: supernatural wisdom, might, paternal beneficence, and peace.”<sup>98</sup>

“Isaiah 9:6 declares both the *humanity* (“A Child is born”) and the *deity* (“A Son is given”) of the Lord Jesus Christ. The prophet then leaps ahead to the Kingdom Age when the Messiah will reign in righteousness and justice from David’s throne.”<sup>99</sup>

We are living in between the two advents. The first advent, Jesus came as a humble baby. The second advent, Jesus will come as a warrior King. He will make all things new, and ultimately, this is why we can live in peace. We know that we will rule and reign with King Jesus one day.

I pray today you will be reminded the Prince of Peace, Jesus, will come again and make all things new. Are you ready to meet Him?

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<sup>98</sup> Willem A. VanGemeren, “[Isaiah](#),” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 482.

<sup>99</sup> Warren W. Wiersbe, [Be Comforted](#), “Be” Commentary Series (Wheaton, IL: Victor Books, 1996), 37.

## H.E.A.R. Journal

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# PEACE

## Day 22

### *Psalm 29:11*

*<sup>11</sup> The LORD will give strength to His people;  
The LORD will bless His people with peace.<sup>100</sup>*

### Read Psalm 29

I grew up in Kansas in the middle of what is known as *Tornado Alley*. I remember being surrounded by tornadoes while storm chasing with my father. FYI, my dad is a pastor, not a certified storm chaser. What he lacked in knowledge, he had in curiosity and courage.

It was a typical day in our family's life as the storms rolled in. Dad took me and my twin brother to storm chase, and my sister and mother would be crouched under pillows or a mattress in the downstairs hallway.

Storms reveal great power. Storms reveal the all-powerful Creator. “David witnessed an awesome thunderstorm moving across the land of the Canaanites, and attributed it to the power of the Lord. He called on the angels to glorify Him who sits as King forever over nature. Psalm 29 is a polemic against pagan beliefs in false gods who were credited with being responsible for storms.”<sup>101</sup>

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<sup>100</sup> *The New King James Version* (Nashville: Thomas Nelson, 1982), Ps 29:11.

<sup>101</sup> Allen P. Ross, [“Psalms,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 815.

## PEACE

“This psalm celebrates the God who is King, the God who is omnipotent, and the God who is the Lord above the storm. The psalm contains no prayer or petition, no lament or confession. Instead, it challenges us to acknowledge and worship with the mind and the heart our God who is an awesome God!”<sup>102</sup>

You have heard it said precisely what David reminds the reader of: **we can have peace in the storm**. God is in control, and God is good. Because God is in control and God is good, you and I can have peace in the storm.

“The power that can raise a storm is available to benefit those who trust in Him. Just as God can cause a storm to be still, so too can He bring peace to His people.”<sup>103</sup> Will you trust Him in the storm?

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<sup>102</sup> J. Josh Smith and Daniel L. Akin, [\*Exalting Jesus in Psalms 1–50\*](#), ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2022), 220.

<sup>103</sup> Allen P. Ross, [“Psalms,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 816.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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# PEACE

## Day 23

### Mark 4:39-41

<sup>39</sup> Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm. <sup>40</sup> But He said to them, “Why are you so fearful? How is it that you have no faith?” <sup>41</sup> And they feared exceedingly, and said to one another, “Who can this be, that even the wind and the sea obey Him!”<sup>104</sup>

#### Read Mark 4

School is always in session. The disciples had experienced listening to the most outstanding teachers reveal the truth to them by telling stories.

- The parable of the soils. (4:1-20)
- The parable of the lamp. (4:21-24)
- The parable of the growing seed. (4:26-29)
- The parable of the mustard seed. (4:30-32)

Before the object lesson, let’s look at the last lesson Jesus taught. He taught them about faith. Faith as small as a mustard seed can produce massive results. In fact, later Jesus would say, *if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.*<sup>105</sup>

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<sup>104</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mk 4:39–41.

<sup>105</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mt 17:20.

## PEACE

“Jesus had been teaching His disciples the Word, and now He would give them a practical test to see how much they had learned. After all, hearing God’s Word is intended to produce faith (Rom. 10:17), and faith must always be tested.”<sup>106</sup> I have heard it said a faith that has not been tested cannot be trusted.

The disciples find themselves in a violent storm while Jesus sleeps below deck. These experienced fishermen had, no doubt, been in many storms before. However, they find themselves afraid. <sup>38</sup> *But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, “Teacher, do You not care that we are perishing?”*<sup>107</sup>

I find this question curious. Maybe it is because this is a natural response to most of us when we find ourselves in a storm. Let’s examine this question, Teacher: do you not care? I question God when I have “storms” in my life. I began to think maybe He doesn’t care. Do you also ask God?

Jesus was ultimately God and wholly man. He knew the storm was coming, and he chose to go to sleep. This was an intentional decision. Notice what Mark reveals to us in the details. Jesus was asleep on a pillow. He intentionally laid down and decided to take a nap. This was a test.

“Did Jesus know that the storm was coming? Of course, He did! The storm was a part of that day’s curriculum. It would help the disciples understand a lesson they did not

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<sup>106</sup> Warren W. Wiersbe, [The Bible Exposition Commentary](#), vol. 1 (Wheaton, IL: Victor Books, 1996), 124.

<sup>107</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mk 4:38.

## PEACE

know they needed to learn: Jesus can be trusted in the storms of life.”<sup>108</sup>

Jesus revealed to them that He has the power over the storms, as he stood in the boat and said, *Peace be still*. Here is the deeper meaning of Jesus’ object lesson: God has the power over the storm, but He also has the power in the storm. He can bring peace to the storm or peace through the storm. Will you choose to trust Him in the storm? Peace is available amid the storm if we have faith the size of a mustard seed.

You see, it is not the size of our faith that matters but the object of our faith. Will you allow Jesus to give you peace in the storm?

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<sup>108</sup> Warren W. Wiersbe, [\*The Bible Exposition Commentary\*](#), vol. 1 (Wheaton, IL: Victor Books, 1996), 124.

## H.E.A.R. Journal

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### R (Respond)

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## PEACE

### Day 24

#### ***Mark 9:49-50***

*<sup>49</sup> For everyone will be seasoned with fire, and every sacrifice will be seasoned with salt. <sup>50</sup> Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another.<sup>109</sup>*

#### **Read Mark 9**

Who is the G.O.A.T. of basketball? I may first need to define the word GOAT. This acronym stands for Greatest Of All Time. The answer to this question may come down to how old you are. However, generally speaking, most people agree that it is either Michael Jordan or LeBron James. I choose Michael. Jesus's disciples ask this same question. Not of Michael or LeBron, of course, but of themselves.

*<sup>33</sup> Then He came to Capernaum. And when He was in the house He asked them, "What was it you disputed among yourselves on the road?" <sup>34</sup> But they kept silent, for on the road they had disputed among themselves who would be the greatest among themselves.<sup>110</sup>*

I find this intriguing. The disciples were arguing about which of them was the G.O.A.T. Jesus knew what they were talking about but played ignorant and asked them what their conversation was about. No one wanted to tell Jesus what they were arguing about.

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<sup>109</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mk 9:49–50.

<sup>110</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mk 9:33–34.



## PEACE

Jesus quickly and succinctly squelches their debate. <sup>35</sup> *And He sat down, called the twelve, and said to them, “If anyone desires to be first, he shall be last of all and servant of all.”* <sup>111</sup> The conversation goes in a different direction, and you get a sense that the disciples are ready to ask other questions to get off the topic of their debate.

Jesus talks a little more about servanthood and then speaks about Hell. The last two verses of the chapter are a call back to the discussion of who is the Greatest Disciple. Jesus says, <sup>49</sup> *For everyone will be seasoned with fire, and every sacrifice will be seasoned with salt.* <sup>50</sup> *Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another.* <sup>112</sup>

“Salt is good as long as it can serve its purposes. But if it loses its purifying and preserving value then it is worthless. Sinclair Ferguson helps clarify the intent of our Lord’s words: “unless we maintain the purity of our own lives (plucking out the eye, etc.) and are purified by the flames of testing, and remain faithful to Christ, our lives will have no preserving influence on this corrupt world”. <sup>113</sup>

Jesus tells them if they walk with Him in purity, they can walk together in unity. “In essence, Jesus said, “Be loyal to

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<sup>111</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Mk 9:34–35.

<sup>112</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Mk 9:49–50.

<sup>113</sup> Daniel L. Akin, [\*Exalting Jesus in Mark\*](#), ed. Daniel L. Akin, David Platt, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2014), 198.

## PEACE

Me, and then you will be able to maintain peace with one another instead of arguing about status.”<sup>114</sup>

Humility is the key to maintaining peace in relationships.  
Are you walking in humility?

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<sup>114</sup> John D. Grassmick, "[Mark](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 148.

## H.E.A.R. Journal

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### E (Explain)

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### R (Respond)

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## PEACE

### Day 25

#### ***Luke 7:48-50***

*<sup>48</sup> Then He said to her, “Your sins are forgiven.” <sup>49</sup> And those who sat at the table with Him began to say to themselves, “Who is this who even forgives sins?” <sup>50</sup> Then He said to the woman, “Your faith has saved you. Go in peace.”<sup>115</sup>*

#### **Read Luke 7**

Simon, a Pharisee, invited Jesus to dinner. Jesus joined him and others for dinner when the event became a valuable teaching moment. A lady, identified as a sinner who was not invited, showed up. Scholars inform us that uninvited guests commonly appeared when a Rabbi was there. These uninvited guests were allowed to listen to the teachings of the Rabbi. This woman desperately needed peace and believed Jesus could give it to her.

“Whatever the precise motive, she came to honor Jesus. She carried an expensive perfume in an ornate perfume jar made of expensive alabaster. Moving to Jesus’ side of the banquet room, she eased down beside his feet, crying. Why did she cry? Sorrow for sin? Joy at seeing Jesus? Mixed emotions? Luke does not say. Having dampened Jesus’ feet with her tears, she took down her hair to dry Jesus’ feet. Then she kissed his feet, showing her strong emotions that led to

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<sup>115</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Lk 7:48–50.

## PEACE

this action. The kiss showed mixed emotions—gratitude, devotion, reverence, care.”<sup>116</sup>

Although Simon did not believe Jesus was a prophet, Jesus revealed He was the Messiah. Jesus told the lady her faith had saved her. This woman, identified as a sinner, walked away a forgiven follower. The religious man, because of his pride, could not and would not see who Jesus was. Her faith led her to Jesus, and His forgiveness led her to love greatly and display this with an extravagant expression of generosity and humility.

“Verse 47 has often been incorrectly interpreted to mean that the woman was forgiven *because* of her love for Jesus. But the point of the entire story is that her love is the *result* of her forgiveness. That love and gratitude flow from forgiveness is the point of the parable (vv. 41–42), and the woman’s actions toward Jesus stem from her experience of a forgiveness that has already been received.”<sup>117</sup>

This story reminds me I have been forgiven, and I should express my gratitude. How about you? Have you been forgiven much? Will you choose to express your appreciation through radical generosity? Jesus’ final words are the exact reason she showed up. She desired peace only Jesus could give. True peace comes through faith in Jesus. Have you received the peace of Jesus through faith in Him?

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<sup>116</sup> Trent C. Butler, [Luke](#), vol. 3, Holman New Testament Commentary (Nashville, TN: Broadman & Holman Publishers, 2000), 110

<sup>117</sup> Thomas R. Schreiner, “[Luke](#),” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 816.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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# PEACE

## Day 26

### Luke 2:13-14

*<sup>13</sup> And suddenly there was with the angel a multitude of the heavenly host praising God and saying: <sup>14</sup> “Glory to God in the highest, And on earth peace, goodwill toward men!”<sup>118</sup>*

#### Read Luke 2

The shepherds were not the most upstanding citizens in the Ancient Near East. Most commentaries will inform you they were not even allowed to be witnesses in a court of law because they were not reliable or trustworthy. The Shepherds were outcasts and continually lived as ceremonially unclean. This meant they could not enter the Temple and worship.

I find it incredibly intriguing that the incredible witnesses become incredible witnesses of the birth of Jesus. Luke tells us they immediately went and told everyone about the night that changed history. *<sup>17</sup> Now when they had seen Him, they made widely known the saying which was told them concerning this Child. <sup>18</sup> And all those who heard it marveled at those things which were told them by the shepherds.<sup>119</sup>*

Take a moment to meditate on the words the Angel told the Shepherd. The Angel reveals the purpose for which God became man. *<sup>10</sup> Then the angel said to them, “Do not be afraid, for behold, I bring you good tidings of great joy*

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<sup>118</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 2:13–14.

<sup>119</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 2:17–18.

## PEACE

*which will be to all people. <sup>11</sup> For there is born to you this day in the city of David a Savior, who is Christ the Lord.*<sup>120</sup>

*These despised men hear the most wonderful thing about how this joy comes. It comes through the birth of “a Savior ... who is the Messiah, the Lord” (v. 11). This is the only time in the Gospels this phrase is used. It’s the only time we see all the titles of Jesus brought together—Savior, Messiah, Lord. He will save his people from their sins. Jesus is the Christ, the Messiah promised to Israel. And most staggeringly of all, he is Lord. He is God. He is Maker of all. He is Ruler of all. The angels not only give the gospel to the Shepherds; they give the true identity of Christ.*<sup>121</sup>

The Gospel, the Good News, came to the humble, lowly Shepherds. They received, accepted, believed, rejoiced and then shared it. This is how all of Jesus should respond to the Gospel. How about you? Have you received and believed the Good News? If yes, are you rejoicing and sharing the Gospel that brings joy to all people?

Don’t miss the result of believing and receiving. The Angels sing a hymn of praise before they leave. <sup>14</sup> “*Glory to God in the highest, And on earth peace, goodwill toward men!*”<sup>122</sup> The NKJV translation does not depict the Angels' message correctly. “The NIV’s **on earth peace to men on whom His favor rests** is preferred to the KJV’s “good will toward men.” God’s peace is not given to those who have

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<sup>120</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 2:10–11.

<sup>121</sup> Thabiti Anyabwile, [Exalting Jesus in Luke](#), Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2018), 43.

<sup>122</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 2:14.



## PEACE

good will, but to those who are recipients of God's good will or favor.<sup>123</sup> In other words, peace is available to those who have believed and received the Gospel's Good News. Apart from a relationship with God through Jesus, Peace on earth for all men is impossible.<sup>14</sup> *"Glory to God in the highest, and on earth peace to men on whom his favor rests."*<sup>124</sup>

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<sup>123</sup> John A. Martin, "[Luke](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 208.

<sup>124</sup> [The Holy Bible: New International Version](#) (Grand Rapids, MI: Zondervan, 1984), Lk 2:14.

## H.E.A.R. Journal

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# PEACE

## Day 27

### John 14:27

*<sup>27</sup> Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. <sup>125</sup>*

#### Read John 14

I love John 14. It may be one of my favorite chapters in the Bible. Jesus is in the upper room with His disciples celebrating Passover. He is just hours away from being arrested, beaten and crucified. Jesus has invested the past three and a half years into these twelve men. He has just ultimately humbled himself by washing their feet. Judas has just left the room to betray Jesus for 30 pieces of silver.

The chapter opens with Jesus trying to prepare them for what is about to happen. He begins by saying, "Don't worry." He then assures them He and the Father are one, that He will go and prepare a place for them, and they will be with Him again one day.

Jesus promises to send a "helper" to them when He leaves them. The "helper" will indwell them and is the Spirit of Truth. The "helper" will teach you all things. As this conversation continues, Jesus even says it is better for them if He leaves. <sup>7</sup> *Nevertheless I tell you the truth. It is to your*

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<sup>125</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 14:26–27.

## PEACE

*advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.*<sup>126</sup>

Jesus then speaks about peace.<sup>127</sup> *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*<sup>127</sup> The disciples had no idea how powerful and precious these words would become in a few short hours. There is no way for them to grasp the actual depth of this discourse as they have not truly understood the purpose for which Jesus had entered humanity. They would soon find out.

*This peace will soothe their hearts when the world around them is in turmoil. The peace Jesus gives comes through his defeat of mankind's greatest foes: sin, death, and Satan. The cosmic battle is about to begin, but the outcome was decided long ago (v. 30). Satan has nothing to bring against Jesus and will be defeated. Peace for us came through great violence. Peace with God was delivered when Jesus offered up his life to be brutally slaughtered.*<sup>128</sup>

The peace that passes all understanding is only found in a relationship with Jesus. As Jesus prepares them for His departure, He gives them the ultimate survival guide—the way to everlasting peace—the path to eternal peace in this life and for all eternity. As He prepares them, He informs them He will prepare them a place and come back for them, that where He is, they may also be. He then makes an

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<sup>126</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 16:7.

<sup>127</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 14:26–27.

<sup>128</sup> Matt Carter and Josh Wredberg, [Exalting Jesus in John](#) (Nashville, TN: Holman Reference, 2017), 301.

## PEACE

interesting statement. He says, they know where He is going and how to get there. Thomas speaks up and reveals that we do not know where you are going and that we don't know the way. Jesus' answer leads us to the path of eternal peace. *<sup>6</sup> Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me."*<sup>129</sup>

Jesus is the WAY to peace. Have you chosen to become a follower of Jesus? He is the only way to have peace with God, which provides the peace of God. Choose today to surrender your life to Jesus and receive the peace of his presence. If you have already chosen Jesus, then live in the peace He offers through the Holy Spirit, who indwells you. **"The world is unable to give this kind of peace. Fear of death (Heb. 2:14–15) and fear of the future are removed as Jesus' followers trust in Him. Thus, they need not be troubled."**<sup>130</sup>

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<sup>129</sup> *The New King James Version* (Nashville: Thomas Nelson, 1982), Jn 14:6.

<sup>130</sup> Edwin A. Blum, "[John](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 324.

## H.E.A.R. Journal

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# PEACE

## Day 28

### John 16:33

*<sup>33</sup> These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”<sup>131</sup>*

#### Read John 16

Yesterday, we examined the beginning of Jesus' conversation over an intimate Passover meal with his closest followers. John 16 completes his teaching. Jesus prayer is recorded in John 17 and is known as the high priestly prayer. Jesus prays for his current disciples and future followers.

The concluding words of Jesus give us the person for this teaching session. He taught them to prepare them. He taught them to provide them with an understanding of the difficulties they would soon face. He reminds them life will be challenging, but they can continue to have the peace of God even through the storms of life.

“Jesus’ instructions about these things (chaps. 14–16) were intended to sustain them, to give them peace in Him. Believers have a dual existence: they are in Christ and this world. In union with Jesus, His disciples have peace, but the world exerts hostile pressure. The world system, the enemy

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<sup>131</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 16:33.

## PEACE

of God and His people, opposed Jesus' message and ministry."<sup>132</sup>

Let's examine the last statement: *be of good cheer I have overcome the world*. What did Jesus mean by this? This seems to be a key to peace even when life is not peaceful. The greatest enemy is death. Jesus will overcome death, hell, and the grave through His death, burial, and resurrection. Thus, this statement is prophetic.

“Luther said of this verse “that it was worthy to be carried from Rome to Jerusalem upon one’s knees.” The world is a vanquished enemy; Satan is a humbled foe; and all that believers have to do is to put their trust in the Captain of their salvation, putting on the whole armour of God, assured that the victory is theirs, and that the church shall yet shine forth fair as the moon, clear as the sun, and terrible as an army with banners.”<sup>133</sup>

The lack of Joy in the world results from a lack of peace with God. The only way to have peace with God is through a restored relationship that was broken because of our sins. The only way to have a restored relationship is through placing your faith in the finished work of Jesus, which he accomplished on the cross and through His resurrection.

“Peace is not a fleeting experience or momentary emotion. Supernatural peace flowing from a newly restored

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<sup>132</sup> Edwin A. Blum, “[John](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 330.

<sup>133</sup> Albert Barnes, *Notes on the New Testament: Luke & John*, ed. Robert Frew (London: Blackie & Son, 1884–1885), 352.



## PEACE

relationship with God is guaranteed for everyone who follows Jesus, everyone who believes that Jesus is indeed the promised Savior, God's own Son, the only hope for them."<sup>134</sup>

Take time today to thank the Lord for the gift of Jesus and for the reality He has overcome the world and offers you peace.

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<sup>134</sup> Matt Carter and Josh Wredberg, [\*Exalting Jesus in John\*](#) (Nashville, TN: Holman Reference, 2017), 333.

## H.E.A.R. Journal

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# PEACE

## Day 29

### Galatians 5:22-23

*<sup>22</sup> But the fruit of the Spirit is love, joy, peace,  
longsuffering, kindness, goodness, faithfulness,  
<sup>23</sup> gentleness, self-control. Against such there is no law. <sup>135</sup>*

At this very moment, as I type these words, I am 18,865 days old. I will save you some calculation time. I am currently fifty-one years and 239 days old on this day, April 5, 2025. I want to share the story with you that happened 12,278 days ago. Wow! Those numbers gave an interesting perspective on how long ago this event occurred. Again, I will save you some time. I was 19 years old in September 1991.

I was a freshman in college on this date and had been 19 for 23 days. I remember my brother, Michael, and another friend challenging each other based on a Sunday School lesson taught in our college class at church. We were convinced we could live out the Fruits of the Spirit. The goal was to hold each other accountable for displaying these qualities mentioned in Galatians 5:22-23.

The goal was noble, but we were greatly mistaken about what this process should look like. If we tried hard enough and had enough willpower, we could conjure up the ability to live out these biblical qualities. I assume you know how this went. We were frustrated and keenly aware of how often

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<sup>135</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ga 5:22–23.

## PEACE

we did not display the Fruits of the Spirit. Although our motives were good, our understanding was flawed. We were striving to produce fruit from our goodness instead of allowing the Spirit of God to produce the fruit in us. Let me share a few thoughts from two commentaries, which may help you understand the difference.

“The goal in looking at this list is not to observe the virtues and then try to make ourselves better in our own strength. The tendency is to look at each one and say, ‘I’m doing all right here, but not here,’ or, ‘OK, I need to work on patience now.’”<sup>136</sup>

“The final exhortations of the chapter indicate that while the reality of the fruit is a gift from the Spirit, the believer’s responsibility is to actively ‘live by the Spirit,’ and ‘keep in step with the Spirit’”<sup>137</sup>

You must walk in the Spirit and allow the Spirit of God to produce these virtues through your growing relationship with God.<sup>25</sup> *If we live in the Spirit, let us also walk in the Spirit.*<sup>138</sup> As you walk in the Spirit, the Spirit will produce love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control.

“To walk in the Spirit means that we yield to His control, follow His lead, and allow Him to exert His influence over us.”<sup>139</sup> Will you choose to yield control of your life to the Spirit today?

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<sup>136</sup> David Platt and Tony Merida, [\*Exalting Jesus in Galatians\*](#) (Nashville, TN: Holman Reference, 2014), 115.

<sup>137</sup> Scott E. McClelland, [“Galatians,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 1018.

<sup>138</sup> [\*The New King James Version\*](#) (Nashville: Thomas Nelson, 1982), Ga 5:25.

<sup>139</sup> <https://www.gotquestions.org/Spirit-walk.html>

## **H.E.A.R. Journal**

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**E (Explain)**

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**A (Apply)**

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**R (Respond)**

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## PEACE

### Day 30

#### Hebrews 13:20-21

*<sup>20</sup> Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, <sup>21</sup> make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.*<sup>140</sup>

#### Read Hebrews 13

Congratulations, you have made it to the end. I commend you for starting and finishing. Whether you complete this in six weeks or six years, you have come to the final devotion, and I congratulate you.

It is fitting that this last devotion concludes the book of Hebrews. These verses are not just a conclusion but a benediction—the closing prayer of a theologically rich letter.

“This prayer might be one of the most beautiful prayers ever uttered by a Christian. It stands near the end of the letter as a declaration of absolute confidence in God. It is a prayer for the church from which the author is absent but which he loves so dearly.”<sup>141</sup>

This prayer reveals what we have come to understand together on this journey. God is the God of peace. He is the

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<sup>140</sup> [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Heb 13:20–21.

<sup>141</sup> R. Albert Mohler Jr., [Exalting Jesus in Hebrews](#) (Nashville, TN: Holman Reference, 2017), 233.

## PEACE

Good Shepherd, and peace is not possible apart from Him. The death, burial and resurrection of Jesus Christ make peace possible. As you walk in the peace God provides, I pray God will make you complete in every good work. I pray you will continue the habit of daily walking with God. I pray you will make every effort to pursue God and the peace He provides through an intimate relationship.

## H.E.A.R. Journal

### H (Highlight)

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### E (Explain)

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### A (Apply)

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### R (Respond)

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PEACE

## KEEP IT GOING

I pray this 30-day journey has created a spiritual discipline and habit for you. I hope you took the time to fill out a H.E.A.R. journal each day. I also pray you will continue to journal daily as you grow in knowledge of the Lord.

Robby Gallaty and his team at Replicate Ministries have developed a daily reading plan. I encourage you to start reading each day and completing a daily H.E.A.R. journal.



I pray that God will continue to grow your faith as you experience peace in His presence.

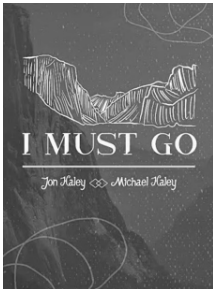
## PEACE

### Books from Jon Haley:



*Jon does a great job of blending practical application along with biblical truths of leading and guiding your family. It's the only book I have read all the way through in one sitting. Almost ran my highlighter dry. If you're looking for some biblical insight on leading your family this is it.*

~ Anonymous Amazon Review

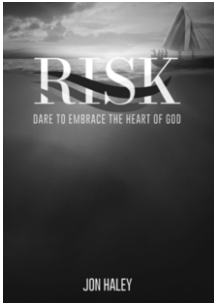


*This real-life account of Jon and Michael Haley hiking the John Muir trail will challenge you and inspire you. Rooted in Biblical truth, the book takes you on their hike and integrates their journey with mountains found in the Word of God.*

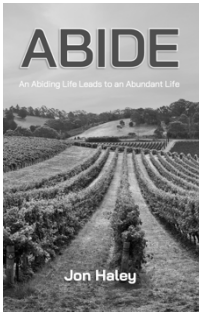
*Whether you are interested in hiking or not, this book will cause you to evaluate your commitment to following God's commands and remind you the God of the mountaintop remains God in the valley. Excellent read!!!*

~ Anonymous Amazon Review

## PEACE



Jonah seemingly was a lot like me. He knew what God wanted but chose to go in the opposite direction. Jon will take the reader on a deep dive into the story of Jonah. Jonah knew the heart of God but did not embrace the heart of God. The book will challenge, inspire, and encourage you to live a life fully embracing the heart of God.



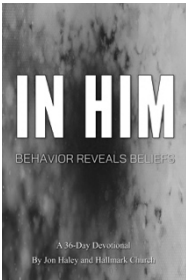
The Abiding Life Leads to the Abundant Life. Jon will take the reader to discover the depths of Jesus words found in John 15 regarding Abiding in Christ. The first half of the book deals with the why, and the second deals with the how. Jesus challenges us to Abide in Him, and this book will give you the inspiration and the information to follow the teachings of Christ.

# PEACE

## Devotionals, From Jon Haley:

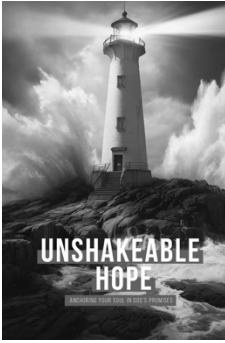


Trusting God is a daily choice, struggle, and decision. This devotional will take the reader on a 31-day journey of extraordinary stories of faith found in the Bible. Each day will challenge, encourage, and challenge the reader to TRUST God completely. The theme verse of this devotional is Proverbs 3:5-6 *Trust in the Lord with all your heart. And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Do not be wise in your own eyes;*



In Him is a collaborative project by the Hallmark Church staff. This devotional will lead you on a 36-day journey into a deep dive into the book of Ephesians. The first three chapters clearly and concisely reveal who we are IN HIM! The second half of this letter explains how we should live as followers who are IN HIM. Paul reveals that our position IN HIM defines and directs our purpose and pathway to living for Him. Therefore, our beliefs impact our behavior.

## PEACE



Discover Unshakeable Hope with Hallmark Church's 40-day devotional. Through daily devotions and scripture readings, deepen your faith and strengthen your spiritual foundation. Our church leaders wrote each devotion and offers guidance, inspiration, and encouragement for your walk with Christ. Embrace the journey and experience

lasting transformation.

**Scan the QR Code to go directly to Jon's  
Author page.**

