

Teen Topics

Peace

The Issue:

Enjoying peace in the midst of a stressful and hectic life sounds so refreshing, but finding a genuine sense of calm can be challenging in today's chaotic world. Is it possible to have real inner peace? And if it is, how can it be achieved? Let's get some answers as we explore this topic.

What does the Bible say?

The concept of peace is a central theme in the Old Testament described by the Hebrew word "shalom" which means:

> A sense of wholeness, well-being, and harmony, where everyone is in right relationship with God, others and the world, just as God intended ([Jeremiah 29:10-14](#)).

Note the source from which we are able to find peace:

> [John 14:27](#) - Jesus gives peace, a peace greater than the world's

What makes the peace Jesus offers so special?

> [Romans 5:1](#) - It's connected to us being made right with God

Note what actions lead to peace in our life and relationships:

> [Isaiah 26:3](#); [32:17](#) - focusing on God and pursuing righteousness

> [Rom. 12:18](#); [14:19](#) - pursuing peace with everyone as you're able

What should I do?

Being at peace comes from a recognition that all is well, and it is a blessing connected to our relationship with God. Note:

- The Gospel remedies the sin problem between us and God. Being mindful of this brings continual peace!
- Enjoying God's peace reassures us He is in control and drives us to pursue peace in all areas of life.

May we choose to "let the peace of Christ rule" in our hearts at all times and, in turn, experience a peace that "surpasses all understanding" ([Col. 3:15](#); [Phil. 4:7](#))!