

The Hebrew Bible uses a familiar but significant word, shalom. In its purest sense, shalom means "peace."

Have you lost your peace? Do you not know where to begin to find it again? Finding peace can be a challenge when our lives have been turned upside down through painful circumstances. Lack of peace can drive us towards making situations worse as we can become argumentative, anxious, moody, or tired (sleepless nights). Jesus Christ is the Prince of peace and every follower of His has an inheritance of living a peaceful life in spite of the turmoil.

It is ironic that what is surely the most definitive discourse on peace in all of Scripture comes from the Lord Jesus on the night before He died in agony. He knew what He was facing, yet He still took time to comfort His disciples with the message of peace:

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, nor let it be fearful. ([John 14:27](#))

The peace Jesus is speaking of enables believers to remain calm in the most wildly fearful circumstances. It enables them to hush a cry, still a riot, rejoice in pain and trial, and sing in the middle of suffering. This peace is never by circumstances, but instead affects and even overrules them.

That's what Paul means in Ephesians 6:15, when he calls the good news of salvation "the preparation of the gospel of peace." The gospel is that which makes a man who was at war with God to be at peace with Him. This peace is objective—that is, it has nothing to do with how we feel or what we think. It is an accomplished fact.

[Romans 5:1](#) says, "Therefore, having been justified by faith, we have peace with God." We who trust Christ are redeemed and declared righteous by faith. Our sins are forgiven, rebellion ceases, the war is over, and we have peace with God. That was God's wonderful purpose in salvation.

[Colossians 1:20-22](#) says that Christ "made peace through the blood of His cross.... And although you were formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach."

There are five P's to finding your peace that passes all understanding:

[Pursue a relationship with God](#)

“‘There is no peace,’ says the Lord, ‘for the wicked’” (Isaiah 48:22).

Peace will allude those who don't have a relationship with God. The Bible affirms that "all have sinned" (Romans 3:23) and that "salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved" (Acts 4:12). Without knowing Jesus Christ, there will always be the fear of death and judgment within the hearts of men and women. Yet knowing the Lord enables believers to have peace even within the worst of storms.

Put away anxious thoughts

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6).

Believers can struggle with doubt, fear, and unbelief leading to anxious thoughts. However we are clearly taught that we aren't to be worried about anything, meaning nothing at all—no matter the challenge! By praying to God and giving thanks to Him for all He's done in our lives will allow the peace of God to drench our spirits. This peace will cause you and others to marvel because of your calmness and confidence even in the midst of painful situations.

Place your trust in God

“Some trust in chariots and some in horses, but we trust in the name of the Lord our God” (Psalm 20:7).

Sometimes our peace crumbles because we've placed our trust in people, jobs, the justice system, economy, or anything except completely in God. Watching your world crumble around you brings to light where you've really placed your peace. God doesn't need us to be robots that mindlessly follow after Him. He longs for His people to boldly trust in His loving hands over their lives even when it seems like all is lost. Begin to trust God on the smaller issues so that you can build a strong trust relationship with Him that will restore your peace.

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Prioritize your spiritual walk

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own” (Matthew 6:33-34).

Peace can be difficult to find when believers become distracted with the cares and worries of this world. Many times people fall away from their spiritual walk—not in a giant leap away from righteousness—but rather in a series of small compromises of faith that slowly drain peace from your life. Making your spiritual growth a priority is essential to having a life of peace to sustain you through hard times. This may mean that you need to step back and reassess your spiritual walk: how's your prayer life? What are you studying in the scriptures? Do you fellowship regularly with other believers?

Push past your present situation

“For we live by faith, not by sight” (2 Corinthians 5:7).

It's easy to get stuck in our present situation and miss the glory that God wants to reveal in us. Our peace evaporates just like it did for Peter when he stepped out on the water to walk towards Jesus. (Matthew 14:29-31) Peace isn't the absence of a stormy situation—it's the ability to remain calm and faithful in spite of the uncertainty. We must practice on a daily basis to look past our present circumstances to see the Lord's hand at work. Faith is about hoping for what you don't yet see in this world. As you grow in your faith, the peace of God will infiltrate your heart and mind.

"Peace be still..."

The disciples were afraid for their lives and woke Jesus in a frenzy because of the fierceness of the storm. He said three simple words, "Peace be still" and the entire weather system complied. (Mark 4:39-41). Can you imagine the amazement of these tough and experienced fishermen?

The Lord desires that His people stepped back from the anxieties and perplexities of this world to see His power displayed in magnificent ways. Jesus knew about the storm brewing while He slept on the boat and He knows about the storms hovering over our lives even today.

And yet He still says, "Peace be still". May we as followers of Jesus Christ demonstrate the peace of God every day so that others may know Him.

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To have that supernatural peace available puts us under obligation to lean on it. [Colossians 3:15](#) is not a command to seek peace, but rather a plea to let the Lord's peace work in us: "Let the peace of Christ rule in your hearts." You have this peace, now let it rule.

Perfect peace comes when our focus is off the problem, off the trouble, and constantly on Christ. [Isaiah 26:3](#) says, "The steadfast of mind You will keep in perfect peace, because he trusts in You."