

Scripture Prescriptions

Take as many as needed as often as needed!



The Peace Prescription (take as many as needed, as often as needed)

by Mary Kane

God's Word is medicine for our souls. All of us are the "walking wounded" in need of healing. The antidote for our wounds is daily doses of God's Word. Please use the Scriptures of this Bible study as a prescription to bring spiritual health to your life. Write these scriptures down on note cards and pray them into your concerns and challenges as often as needed. Take them with you everywhere you go.

"He sent his word, and healed them, and delivered [them] from their destructions." Psalm 107:20

1. "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." Isaiah 26:3

Peace Secret Number One: Focus on God. Stayed means to rest upon something, to lean on or to support something. It means to "lay upon or place a thing on something so it may rest upon and be supported by it." We may rest and relax when we *stay* ourselves upon God. We can rest because He upholds us by His mighty arm. According to this verse in order to have peace we must rest our *mind* upon God. The Hebrew word used for *mind* is *yester*, which means "to form, a framework." This word is derived from another Hebrew word that means "to fashion." The things we think upon and fill our minds with form us and fashion us into the image of our meditations. That is why the Bible warns us of the importance of our thoughts. Do not be conformed to this world but be ye transformed by the renewing of your mind. When we rest our minds on the God of peace, He begins to transform our anxious thoughts to thoughts of tranquility and quietness.

Name one thing that you will do today to fill your mind with Christ.

2. "Great peace have those who love your law; nothing can make them stumble." Psalm 119:165

Peace Secret Number two: Loving the Law of God. Notice the word *love*. In the Hebrew this word is *ahab* which means to long after, to breathe, to desire, to delight in something. Is God's Word as important to you as your next breath? Do

you desire to read your Bible and delight to spend

time with God? When you make God's law your first priority, you will have *great* peace.

How can you give God's Word greater priority in your life?

3. "Oh, that you had heeded My commandments! Then your peace would have been like a river, And your righteousness like the waves of the sea." Isaiah 48:18

Peace Secret number three:obedience. Another guaranteed way to experience the peace of God is to heed and obey His Word. *Heeding* God is comprised of two things: hearing and obeying. We must first put ourselves in a position to hear God's commandments and then decide to obey them. To the ancient Hebrew people, *hearing* was akin to obeying. Heeding the commands of God brings peace for several reasons: First, obeying God's Word insures that we will stay out of sin. Nothing devastates a peaceful state quicker than sin. Second, if we obey God's Word we will know how to correctly relate to others in any situation. Third, if we obey the Word of God we will avoid making many mistakes. Fourth, if we heed the word of God we will avoid the pitfall of worry. Finally, if we obey God's commands we can rest in the fact that our lives will be pleasing to Him.

In what area of your life is God calling you to a greater level of obedience?

4. "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. John 14:27

Peace Secret Number Four: Choose peace. This verse states that Jesus *gives* us His peace. The Greek word used for *give* in this verse is *didomi*, which means "to grant, to furnish, to supply, to bestow a gift, to give to someone for his advantage." While we live upon earth, Jesus has granted us a supply of peace to use for our advantage, but we must choose to accept His peace. In order to accept His peace we must reject worry and fear. Everyday of our lives we choose how we will feel; happy, sad, joyful, or thankful. We choose whether a situation will aggravate and irritate us or be passed off as one of life's little happenings. We need not be victims of our emotions. We can peacefully face what comes with the assurance that Christ is working all things for our good or we can doubt Him and fret and worry. God has already given you an abundant supply of peace for the challenge you are currently facing. He has made it possible for you to rest in Him during this present hardship. Whenever you are tempted to worry or despair, turn your worry into prayers and fix your mind upon Him.

How can you show God that you are choosing peace today concerning a present challenge?

5. For to be carnally minded [is] death, but to be spiritually minded [is] life and peace. Romans 8:6

Peace Secret Number Five: Be Spiritually Minded. If you want to experience peace in your life, your mind must be focused on the things of God. Your peace will quickly dissolve if you focus on yourself, especially your personal comfort and appearance. Unfortunately, my happiness has often been dependent upon circumstances, such as being able to sit in my favorite spot in the living room, having my favorite juice for breakfast or wearing my favorite running outfit for an afternoon jog. I have let bad hair days or a new wrinkle ruin an entire day. While the outward man is dying day by day, the inward man is being renewed. I can do nothing to stop the flow of time, but I can cooperate as God works to transform my character. I will be greatly encouraged as God renews me heart and soul.

What changes do you need to make in order to be more spiritually minded? Is there anything you need to let go or add to your life?

6. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. Galatians 5:22-23.

Peace Secret Number Six: Grow in the Spirit. When we accept Christ for our Savior, the Holy Spirit comes to live inside of us. Over the process of time and under the right conditions the Spirit will begin to produce *fruit* in our lives. Love, joy, and peace are evidence of the Holy Spirit's work in our lives. The greater the area of jurisdiction we give the Holy Spirit, the greater the amount of fruit that He will produce. The more we are filled with the Spirit, the greater peace we will have.

How can you make more room for the Holy Spirit in your life?

7. "Let him turn away from evil and do good; Let him seek peace and pursue it." 1 Peter 3:11

Peace Secret Number Seven: Seek Peace. 1 Peter 3:11 tells us that if we wish to experience peace we must *seek* it. Before I looked up the Greek definition for the word *seek* I assumed that it meant to actively look, search, or hunt for peace. While *seek* does mean to strive after, to aim at, to demand, I was surprised to learn that *zeteo* also means "to seek by meditating, thinking, reasoning." From this definition we can deduce that peace is not so much a set of circumstances as it is a state of mind—a mind that is firmly fixed on Christ. Let us pursue that which will help us to fix our minds on Christ: scripture, prayer, meditation, solitude, praise and worship.

In order to experience more of God's peace, which of the spiritual disciplines mentioned above do you need to add to your life?

8. "Rest in the LORD, and wait patiently for Him; Psalm 37:7

Peace Secret Number 8: Rest in the Lord. The Hebrew word for *rest* used in this sentence is *damam*, which means not only to be still, but to be silent. There are times when God calls us to cease striving with our circumstances, our enemies, and our responsibilities, quiet ourselves and rest in Him. If God has not brought resolution to a situation we are facing then we are to rest in Him knowing that He has it all under control. There is an element of time involved with the phrase *wait patiently for Him*. The word *patiently* also means *to birth, to bring forth, to be born*. Like a new baby that must be born at the proper time, God may be delaying the answer to your prayer or situation in order to bring something new into your life at the proper time. While you are waiting, rest in Him.

What are you striving with that you need to leave in the presence of Christ?

9. "Come to Me, all [you] who labor and are heavy laden, and I will give you rest. "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls." Matthew 11:28-29

Peace Secret Number 9: Attach yourself to Christ. A yoke is meant for two creatures. When we put on the yoke of Christ, Christ is harnessed to one side of the yoke and we are harnessed to the other. When we attach ourselves to Him, we have access to the power and strength of Christ which allows us to rest in Him. I have learned that farmers pair young oxen with mature oxen in a yoke so they can learn from the older oxen. The older oxen carry most of the load until the younger oxen become strong and mature. As Christians, this verse teaches that when we attach ourselves to Christ, He will lead and provide the strength we need to accomplish the work He has given us therefore we are able to be at peace.

How can you more deeply attach yourself to Christ?

Remember, use these Scriptures as often as needed and get plenty of rest!

By Mary Kane
Copyright 2013. All rights reserved.

