

Peace Be Still

Luke 8:23-25 But as they sailed He fell asleep. And a windstorm came down on the lake, and they were filling with water, and were in jeopardy.²⁴ And they came to Him and awoke Him, saying, "Master, Master, we are perishing!" Then He arose and rebuked the wind and the raging of the water. And they ceased, and there was a calm.²⁵ But He said to them, "Where is your faith?"

Mark 4:39-40 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. ⁴⁰ But He said to them, "Why are you so fearful? How is it that you have no faith?"

Psalms 143:4 Therefore my spirit is overwhelmed within me; My heart within me is distressed.

I. Peace Through Meditating On The Works And Word Of God

Psalms 143:5 I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

Matthew 6:25-30 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?²⁷ Which of you by worrying can add one cubit to his stature? ²⁸ "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these.³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy -- meditate on these things.

Psalms 119:148 My eyes are awake through the night watches, That I may meditate on Your word.

II. Peace Through The Prayer Of Faith To Our God

Psalms 143:6 I spread out my hands to You; My soul longs for You like a thirsty land.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

James 1:6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

Psalms 4:3-5 But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him. 4 Be angry, and do not sin. Meditate within your heart on your bed, and be still. 5 Offer the sacrifices of righteousness, And put your trust in the LORD.

III. Peace Through Hope And Trust In God

Psalms 43:5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Psalms 46:1-2 God is our refuge and strength, A very present help in trouble. 2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;

Isaiah 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.