

## The Peace of God

### Description

[RG AUDIO 011412](#) Psalm 37:34-40

What a contrast between the wicked and the righteous! The followers of God are encouraged to wait on the Lord and keep his way. Not only does God promise peace on the journey but he promises strength, help, and deliverance because the righteous trust in him.

Because God is the Lord of peace, he gives us peace by all means. This peace is not the absence of trouble, but it is the confidence that God is there with us.

Duke University did a study on "peace of mind." Factors found to contribute greatly to one's peace of mind were: (1) Don't carry a grudge; (2) Don't live in the past; (3) Don't waste time and energy on things you cannot change; (4) Stay involved with the living world; (5) Cultivate the old-fashioned virtues of love, humor, compassion, and loyalty; and (6) Find something bigger than yourself to believe in.

When God gives us peace, let's not return to thinking about our problems or the contrast between the wicked and the righteous.

### Date Created

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