

This week, Pastor Andy brings you Part 4 of “Living the Life You’ve Always Wanted” with the sermon entitled “More of the Good Stuff.” He begins by reminding you that peace of mind is one of the elements that make up a great life. Peace of mind is something people will go to great lengths to achieve. Much of commercial advertising promises that their product or service will give you this peace. But, will it?

Every life is filled with sources of tension that challenge peace of mind. Tension arises out of circumstances that are uncontrollable, unchangeable, or unexplainable. Your life will encounter all of these types of circumstances. What can you do about tension?

Pastor Andy teaches you three things that you can do to combat the causes of tension that challenge your peace of mind. Each strategy comes right from God’s Word. The apostle Paul and the prophets of the Old Testament walked in these answers to tension every day. What did they do?

Pastor Andy says that you begin by learning to accept whatever circumstance you can’t change. Acceptance is not giving up, but it is a learned skill. Sometimes, a circumstance will come into your life, which God intends to grow you or to bring glory to Himself. As you learn to know Him better, you will learn what these kinds of circumstances are and how to accept them. God may not always tell you “why” a circumstance is there, but you learn to trust in His goodness in spite of it. When you accept the circumstances, you reduce tension and have more peace of mind.

The second thing you can do, according to Pastor Andy, is to trust in God’s loving care. Pastor Andy reminds you that scripture teaches that peace of mind comes with trust. Life is never without difficulties. Even as you overcome one problem, another problem replaces it. God knows this. Regardless of where the problem comes from, you need to respond by trusting God to care for you. The more you place your trust in God, the more peace of mind you experience.

The third thing Pastor Andy says you can do to have peace of mind is to surrender yourself to God’s loving control. When you think that you know the best thing to do in a circumstance, and your plan differs from what the scriptures teach, you are really fighting a war of control with God. Limitations placed on you are an opportunity to experience God’s peace. How will you know when you have surrendered to God’s will? You will do whatever He tells you to do regardless of the circumstance. When you allow God to control your life, you will have peace knowing that He has only the best in mind for you.

Are you filled with tension? Do you need peace of mind? Begin by trusting God.