

Peace of Mind and Heart Sun Am Kz Lesson

Memory Verse: John 14:27 (NKJV)

²⁷Peace 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.

Target Thought: When we trust Jesus we do have peace.

I must confess that when I was a child, I was afraid of the dark, or at least the things in the dark. At the end of the day, when it was time to turn out the lights and go to bed, I wanted to know that I was not alone in the darkness. That is where my Bible came to the rescue. Somehow, the darkness was not so frightening with my Bible laying on my chest. My Bible was so comforting to me because it is God's love letter to me.

The Bible is everyone's love letter from God to them. The Bible is full of exciting stories and promises of God. When we read the Bible it comforts us because we can understand how much God cares for us and how much He does to take care of us.

Father God had given me peace, knowing that the Holy Spirit was living on the inside of me and that Jesus will never leave or forsake us, He knows all things, He loves us and He has only good things for us.

Have you ever been afraid? Of course you have. We are all afraid at times. It is nothing to be ashamed of -- even adults are sometimes afraid. Some of us may be afraid of the dark. Some may be afraid of the thunder and lightening that comes with a storm. Here are just a few of the things that people are afraid of: bugs, bees, snakes, heights, dentists, doctors, dogs, cats, mice, and germs.

When Jesus told his disciples that he was going to return to his Father, they were afraid. What would happen to them? Would the enemies recognize them as his followers and try to harm them? If we choose to be afraid, instead of in peace, there will always be something to be afraid of. We can stay in peace because we trust Jesus.

Jesus knew that his disciples were afraid and he offered these words to comfort them. "I am leaving you with a gift — peace of mind and heart. Don't be troubled or afraid. Remember what I have told you: 'I am going away, but I will come back to you again. I will come and get you, so that you will always be with me.'" What was Jesus talking about when He said I will come back and get you? Right! The rapture.

No matter what is going on in our life we know that God loves us, that He has all the answers, that He goes before us and makes a way for us. When we understand how much God loves us, the good plans that He has for us and that He will never leave us we can that constant peace and not be worried or focused on the trouble around us.

These words were a great comfort to his disciples and they are a great comfort to us today. When Jesus returned to his Father heaven, He asked the Father to send the Holy Spirit to comfort his disciples until the day when he returned. That includes you and me! What a wonderful gift Jesus has given us -- peace of mind and heart. We no longer have anything to fear. Whenever we find ourselves in the dark or in the storms of life, Jesus is with us.

Father, we thank you for the Holy Spirit who guides us and calms our fears, we thank you that the Bible is Your letter to us. We also thank you for the promise that one day we will be in Heaven with Jesus. In his name we pray, amen.

1. What is the Bible
2. How can we stay in peace.
3. What gift did Jesus give us?