

How to Experience God's Peace in the Midst of Anxiety: 15 Promises

By Melkisedeck Leon Shine · July 5, 2023

Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

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In a world filled with chaos and uncertainty, finding peace can seem like an elusive dream. Anxiety can easily consume our thoughts and rob us of our joy, but as Christians, we have the incredible privilege of experiencing God's peace in the midst of it all. The Bible is filled with promises and examples that teach us how to find solace in the comforting embrace of our Heavenly Father. Let's explore these 15 promises that will guide us towards God's peace:

1 Promise of God's Presence: "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." - Deuteronomy 31:6

2 Promise of Deliverance: "Call upon me in the day of trouble; I will deliver you, and you shall glorify me." - Psalm 50:15

3 Promise of Rest: "Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

4 Promise of Protection: "You are my hiding place; you will protect me from trouble and surround me with songs of deliverance." - Psalm 32:7

5 Promise of Strength: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." - Isaiah 41:10

6 Promise of Guidance: "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." - Proverbs 3:5-6

7 Promise of Peace: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 14:27

8 Promise of Provision: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:33

9 Promise of Comfort: "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." - 2 Corinthians 1:3-4

? Promise of Freedom: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." - Galatians 5:1

11 Promise of Healing: "He heals the brokenhearted and binds up their wounds." -

Psalm 147:3

12 Promise of Joy: "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." - Psalm 16:11

13 Promise of Love: "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." - Romans 8:38-39

14 Promise of Victory: "But thanks be to God! He gives us the victory through our Lord Jesus Christ." - 1 Corinthians 15:57

15 Promise of Eternal Life: "And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life." - 1 John 5:11-12

As we meditate on these promises and embrace the teachings of Jesus, we can experience a peace that surpasses all understanding. Remember, God's love is immeasurable, His power is unmatched, and His faithfulness endures forever. In times of anxiety, let us trust in Him, seek His presence, and cling to His promises. May the blessing of God's peace be upon you, and may you be a vessel of His love and peace to others. Amen. ??

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