

Date: August 4, 2024  
Series: Conflict Resolution Series  
Title: Freedom from Internal Discord  
Text: **Isaiah 53:5; John 14:27** and others

August 4 Freedom from Internal Discord  
August 11 Fighting for Peace  
August 18 Fruitful Communications  
August 25 Forgiveness Dynamics

### **Introduction:**

This morning: Dealing with inner conflict.

- Some say “I hope ‘so and so’ is listening”. “Get him preacher”.
- This morning, it is about taking a look inside yourself. You remember that James is talking to believers, not the world.

### **Sunday School Song**

I’ve got the joy, joy, joy, joy  
Down in my heart, (where?)  
Down in my heart, (where?)  
Down in my heart,  
I’ve got the joy, joy, joy, joy  
Down in my heart, (where?)  
Down in my heart to stay.

I’ve got the peace that passes understanding  
Down in my heart, (where?)  
Down in my heart, (where?)  
Down in my heart,  
I’ve got the peace that passes understanding  
Down in my heart, (where?)  
Down in my heart to stay.

I remember screaming with my buddies the word WHERE?

Over the years there have been times when I allowed true inner peace to elude me.

- In times of uncertainty, times of loss, times of conflict.
- Times when I forgot that I can still have great peace in my heart even when there is no external peace to be found.

Peace within me- even when there is not peace around me.

We learn over the years that there are things that are beyond our control, beyond our influence: things that we cannot change.

- It is beyond our capacity.
- It is beyond our purview.
- It is beyond our ability.

It is an essential ingredient in the recipe of maturity to understand that we are accountable for our own actions, our own sin, our own attitude, and our own mindset.

AND YET!

This may be the hardest things to get hold of and to master: Inner peace which brings self-control.

### **You Cannot Produce Inner Peace**

We continue to believe that inner peace is dependent on having a perfect life or a stress-free existence. It requires the end of difficult times or the complete absence of conflict.

Many people seek peace in various places and through different methods, often believing they've found it, only to see it vanish as quickly as it appeared.

- They seek programs that delve into the traumas of our life.
- They spend countless dollars and hours rehearsing the pain that besets them.
- They battle day in and day out with things that they call “triggers” so that they may look to outside sources for their internal mindset.

We might say, if I could just do this, then this would come about.

If I could just get control of what my mind and spirit is telling me, I can have a more peaceful life.

You've likely heard the saying, “There's no rest for the wicked.”

- This phrase originates from the words of Isaiah.

#### **Isaiah 48:22**

*“There is no peace,” says the Lord, “for the wicked.”*

- Unlike the righteous who experience peace, the wicked live in constant turmoil.
- They are always looking over their shoulder for enemies and worrying about maintaining their deceptions.
- In contrast, the lives of the wise are free from such concerns about lies and enemies, allowing them to enjoy peace.

True inner peace from God doesn't come from our actions or circumstances.

### **INNER PEACE HAS BEEN PAID FOR So you don't have to earn it**

#### **Isaiah 53:5**

*But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.*

NIV – *the punishment that brought us peace was on him,*

NLT – *He was beaten so we could be whole.*

NASB – *The punishment for our well-being was laid upon Him*

- He knows the pain that has been thrown at you.
- He knows the sorrow that you bear.
- He paid the price so you ARE healed.

**INNER PEACE HAS BEEN GIVEN**  
**So it is Available**

The peace of Christ surpasses all understanding.

**It has been given so you won't be troubled**

**John 14:27**

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*

- It can flourish even in the most chaotic environments because it resides in the hearts of those who fully trust Jesus.
- God's peace radiates from within us and is often recognized by others as a noticeable difference.

The peace of God is vastly different from the temporary peace we find in worldly things.

- The world's answer is to eliminate the source of your conflict.
- ...To deny the damage that is done.
- Deal with the externals and the internals will take care of themselves.

But God's peace is present even when the source of conflict is still present. It does not tell you to deny the pain... but to cast your pain on the Lord, who understands.

God's plan is that you deal with the issue of the internal, that you may face the externals that are sure to come.

And you do not go it alone. The Holy Spirit is present. So we walk with the Spirit and in the Spirit.

- Jesus told His disciples that He would leave them a Helper to teach and remind them of all He had taught.
- When He ascended to heaven, He sent the Holy Spirit to dwell in all who believe and trust in Him.

- The Holy Spirit is now our teacher and the source of perfect peace.

## **It has been given so you can be courageous in suffering**

### **John 16:33**

*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."*

• You will have suffering in this world. Be courageous! I have conquered the world. As the time for Jesus to sacrifice His life on the cross drew near, He spoke plainly to His disciples.

- He told them He knew they would scatter when He was captured.
- Though they feared suffering, it would come regardless;
- But they were to take courage because He had already conquered the world.

We must understand that He was also speaking to us.

- The world can be a frightening place, but the God of peace is always present in the midst of conflict.
- Knowing that Jesus has overcome the world, we can be courageous and continue to do His work and allow His work in us.

## **If it is available and does not have to be earned, then how do we access it?**

### **INNER PEACE HAPPENS WHEN WE SHIFT FROM DEATH TO LIFE**

#### **Shift Focus of Thinking**

- Our thoughts and identities at times are locked into recurring tapes of past traumas, sins, and consequences.
- We are unique in this aspect. Everyone can fall prey to the tyranny of the mind.
- This is why the Lord tells us to shift the direction of our thinking.

Jesus raised Lazarus from the dead. He was raised from death to life. In Christ you also have been raised out of spiritual death and into spiritual life.

- Then Jesus said, take off those dead man's clothes.
- Do not walk around in the stink of the past. The stench of death, the trappings of destruction.
- Remove the markings of the dead man...and walk as a man clothed in life.

### **Isaiah 26:3**

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*

- It is the law of displacement.
  - An empty canister begs to be filled. If we do not REPLACE the lane of thinking, the same substance of dread, regret, sorrow, depression, bitterness, will return and continue to own our minds and souls.
  - Something else must fill your cup so that there would not be room for those persistent thoughts to metastasize.
  - Isaiah says that perfect peace comes when our minds are stayed upon God.
- When our minds are solely focused on our mighty God, He keeps us in peace.
  - As children of God, we can trust that the Creator of the earth, seas, and everything in them is stronger than our strongest enemy and bigger than our biggest problem.
  - When we face troubles, bringing them to the One who can actually address them is the best way to handle them
  - This mindset on Him reveals that we continue to trust in HIM
- Hold onto Jesus or hold onto pain.
  - Be ruled by destructive thinking or be ruled by The Prince of Peace.

### **Shift from Triggers to Truth**

#### **Romans 8:6**

*For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*

- When we are focused on our damage, our pain, our rationalization and justification we walk around easily being triggered by others.
- The flesh will always lead you into death: Mental, emotional, possibly physical, certainly spiritual death
- The flesh is easily triggered.

**Triggered** – set off, sparked, prompted, touched off a nerve

(Especially of something read, seen, or heard) distress (someone), typically as a result of arousing feelings or memories associated with a particular traumatic experience.

"She started yelling and crying and told me that my words had really triggered her."

I will be discussing conflict resolution between people next week. Today we are looking at ourselves in relationship to the peace offered to us by God. In light of this, we must look at our ability to respond to others out of the wellspring of peace that we have in Christ.

### **James 3:16-18 (NLT)**

*For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind. But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.*

The flesh brings jealousy and selfish ambition, disorder, favoritism, and evil of every kind.

We must yield up the loaded gun of our story and place it at the cross.  
Get your finger off the trigger!  
Give the gun to God!

### **Trade it for truth**

- True wisdom is pure, full of mercy, good fruit, sincerity, and peacemaking.
- One might say, that makes me a doormat!
- This may mean – BE QUIET!
- Walk a mile or two; give a cloak and a coat; turn the other cheek.
- Be a servant! Be like Jesus.
  - Peter denied, Judas betrayed, Thomas doubted, the masses deserted, the leaders rejected, the people cried – “Crucify Him!”
  - What did He say? – “Father, forgive them. They do not know what they are doing.”
  - He refused the gall so that the suffering he felt would not be diminished.
  - Jesus knows pain.

### **Hebrews 12:14**

*Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.*

### **Shift from Worry to Worship**

#### **Philippians 4:6-7**

*<sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

## **INNER PEACE HAPPENS WHEN WE RELINQUISH CONTROL**

### **Romans 15:13**

*May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.*

## **INNER PEACE HAPPENS WHEN WE SUBMIT TO THE ONE WHO HOLD THE KEY TO PERFECT PEACE**

Inner peace comes from relinquishing control over what we think matters and submitting our lives to the One who holds the key to perfect peace – Jesus Christ.

### **2 Thessalonians 3:16**

*Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.*

## **CHALLENGE**

Look to the Cross as a final punishment for all your trouble.

Shift your thoughts, triggers, and worry to be in line with the peace Christ offers.

Relinquish Control to the Lord.

Submit to His Way and His Will.