

Guard Your Heart—Stay in His Peace

Let Not Your Heart Be Troubled!

By B. D. Tate

Isa. 9: 6 For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, **Prince of Peace.**

7 Of the increase of *His* government **and peace** *there will be* no end, Upon the throne of David and over His kingdom, To order it and establish it with judgment and justice From that time forward, even forever. The zeal of the LORD of hosts will perform this.

He is the Prince of Peace...to find His peace we must be born again. Once we are born again we need to follow what Jesus said to do..."Let not..." so that we stay in peace.

Introduction:

All of us have grown up and practice a troubled heart. If our eyes are on the temporary things, the facts of this world, the perspective of the natural man, **our heart will be troubled and only find a conditional peace.** This is a peace that is dependent upon situations, happenings, things, that we really can't control...When Jesus teaches and commands us to keep our heart, neither let it be afraid...***He knows that we allow this world to dictate our peaceful moments...***He

is saying that Godly peace is above and beyond any worldly conditions, **it is supernatural** and it is in Him, relating to Him, trusting that He wants **our life**, to effect it, to work through it, **to be the one who takes care of the cares...** He has the power to change and control what we cannot change or control...but if we are worried, fearful, and troubled, **we are conflicting with our faith**, to the degree that we are we are under sin, under the law, and under the curse from within our heart...**this hinders God's grace and promise**...however, if we will do one thing, do it with all our heart, and do it with all our attention, **keep our heart from trouble, He'll take care of all the troubles for us**...our job is "let not." We cannot do this by our own effort, but we can accept, that by His grace, we can...**we can believe** what God has done for us even if we don't see it...we can trust God's desire to take over our issues...**we can believe** that He is battling for us...we can believe this because He said he'd never leave us nor forsake us...that would mean that our troubles are His! **He will never forsake us to our troubles!** If we will "let not" our heart be troubled, even when we have human reason to be troubled, *we will be walking according to the Spirit*...we were called to PEACE! This is a peace that **surpasses our understanding** and places us in His!

Our single most important job then is "Let not..." No one can "let not" their heart be troubled except ourselves...God cannot "let not" for us...

John 14:1 "**Let not your heart be troubled**; you believe in God, believe also in Me.

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 heart be troubled, neither let it be afraid.**

Our job: is to **Guard our Heart...God guards the rest**...we belong to Him; we are His responsibility.

Pr 4:23 Keep your heart with all diligence, for out of it *spring* the **issues of life**.

When we pursue (keep our eyes fixed on), maintain, stay in Jesus' peace we *will be in the Spirit*. His peace comes with His power (see booklet entitled *Peace is Power*)...we have been missing it by not keeping our heart in peace! We have often decided how peaceful we are by *what is happening around us*, how people are treating us, what our feelings are at this moment...but this kind of peace is fickle, fleeting, and easily disturbed because it is based upon temporal, changing, uncontrollable and conditional things. The peace that Jesus is commanding us to stay in is above these things—not like the world. ***It is a supernatural peace that manifests in our heart through the fruit of the Spirit!***

Ga 5:22 But the **fruit of the Spirit** is love, joy, **peace**, longsuffering, kindness, goodness, faithfulness,

Jas 3:18 Now **the fruit of righteousness** is sown in **peace** by those who make **peace**.

We make peace by the way we decide, think, and believe according to God's word. "Let not" means that God has given us His Spirit and made it accessible through faith in His grace, this is within us as born again believers.

We have been ***so self centered*** that we believe in our heart that we are responsible for the cares of our life. We have controlled the focus on our efforts that the thought of God caring for them seems *distant*. Can I leave the issues of my life with Him? Will God protect my life? Will God protect my reputation? Will God guard my vocation? Will God protect me and my family?

Entangled that is the Watch Word!

We are so entangled with our affairs that we cannot trust God. We are wrestling with life (the burden of responsibility), that we can't and won't give them over to the Lord. Yet the scriptures teach us: Do not become ***entangled*** with the law or the things of this world (Do not love the world), the things you have no power to change or control, **but live in God's peace...**(Gal. 5:1-4 & Mark 4) When Jesus was reviled; He did not revile but entrusted himself to the one *who judges righteously...*

I Pet. 2: 21 For to this you were called, because Christ also suffered for us, leaving us an example, ***that you should follow His steps:***

22 ***“Who committed no sin, nor was deceit found in His mouth”;***

23 ***who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously;***

24 ***who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness***—by whose stripes you were healed.

25 ***For you were like sheep going astray,*** but have now returned ***to the Shepherd and Overseer of your souls.***

We are going astray every time we get entangled

with worry, stress, fear, because of the cares of this life. Jesus said the word of God is choked off because of the cares of this life (Mt. 13:22)! We are focusing on what is before us with our natural mind and feelings instead of keeping our eyes on the eternal truth within us! We have become too attached to this world that is passing away...

Our Questions Reveal our Heart!

When we get honest our questions reveal where our heart is: Will God defend me? Does God care about my cares? Does God care about the details of life? Will God establish my righteousness in any situation?

We ***were*** like sheep going astray, but now we have returned to the Shepherd and Overseer of our souls! **The**

Christian walk is a personal and intimate spiritual life moment by moment that resides in His PEACE.

Consider this event described in scripture. Even the archangel Gabriel confronted Satan with "The Lord rebuke you" (Jude 9). I used to wonder why Gabriel didn't just handle Satan himself. Why did he act like a pansy and fall back on the Lord? Gabriel didn't want to go astray and become self dependent (ruling the moment), **and lose His peace!** He knew the Lord ruled with His presence in peace and power and giving it to the Lord simply took care of Satan.

This summarizes what Jesus taught us from Matt. 6: "Do not worry for your life, what you will eat, drink, or wear; do not have an anxious mind; do not seek the things that the world seeks; **for God knows what you have need of even before you ask...**seek first His righteousness, **His peace, His completeness, His well being...**" this is telling us that God wants **us to depend upon him** just as a shepherd cares for his/her sheep.

Reexamine Psalm 23 A Psalm of David:

- 1 The LORD **is my shepherd; I shall not want.**
- 2 He makes me to lie down in green pastures; He leads me beside the still waters (into peace).
- 3 **He restores my soul;** He leads me in the paths of righteousness For His name's sake.

4 Yea, though I walk through the valley of the shadow of death, ***I will fear no evil***; For You *are* with me; Your rod and Your staff, they comfort me.

5 ***You prepare a table before me*** in the presence of my enemies; You anoint my head with oil; My cup runs over.

6 Surely goodness and mercy shall follow me (pursue me) All the days of my life; And I will dwell in the house of the LORD Forever.

The Problem with Judging!

When Jesus taught in the Sermon on the Mount about not judging it wasn't just to rebuke **us but also to show us the way of peace!** Do not judge, do not hold others responsible, do not hold to account, but forgive, forbear, release and relieve, you are not under law but grace...you are under Jesus! If we understand that doing these things brings upon us anxiety, frustration, anger, hostility, worry, and puts the burden on us to make things right or correct others, ***we are leaving peace!***

Consider This Passage from Gal. 5:1-4:

This passage is about ***circumcision*** however the greater message is about what happens when we try to obey, keep, and stay under the law. We may believe we are doing the right thing but it is leading us in the wrong direction. When we consider our ***walk is in the Spirit and under grace*** then any effort to keep the law becomes more than a problem. We can't keep the law in its entirety therefore we are ***cursing ourselves*** by trying to keep any

part of it (Gal. 23:10). Even as Christians we can **fall from grace** and walk back under the law and into the curse—and **lose our peace**. Jesus redeemed us from the curse of the law but we must understand that by trying to practice the law in any way, **and trusting in that effort**, we are missing peace. We do not lose our salvation but we do reap what we have sown in this realm if we continue to practice judging others and self (Gal. 6:7).

When we read this passage and replace circumcision with any aspect of practicing the law, or coming under the law, **or getting entangle with the affairs of life**, we can see why our Christian life has *mixed results*. I'm applying judgment of others and even of ourselves to bring to light what the scriptures teach **are the results of practicing judgmental ways**.

Gal. 5:1 Stand fast therefore in *the liberty* (grace) by which Christ has made us free, **and do not be entangled again** with a yoke of bondage (trying to keep the law).

2 Indeed I, Paul, say to you that if you become circumcised (judgmental), **Christ will profit you nothing**.

3 And I testify again to every man who becomes circumcised (judgmental) that **he is a debtor to keep the whole law**.

4 **You have become estranged from Christ**, you who *attempt to* be justified by law; **you have fallen from grace**.

When I become judgmental of others or of self this means that I am becoming **entangled with the affairs** of

human relationships and ***under bondage to the law*** again. Christ's grace profits me nothing **because grace will not go with me to judge another**. I am practicing the law as a lawyer and therefore become a debtor to the whole law and I can't keep it. I am playing the hypocrite thinking that my sin nature isn't like the sin nature of those I'm judging. I become estranged from Christ, not that Christ leaves me or forsakes me, ***but that I have walked away from grace and am acting according to the flesh—on my own***. I am fallen from grace because **I am not giving grace to others or even my own life**. Judging others is an act of the flesh under the law and God is not joining in with us. It is more than just a problem ***I have left my first love***, left grace, ***left the liberty of not judging anyone*** because I am not trusting God, I have in essence walked back under bondage and the curse **and I lose my peace**. It is like having an umbrella that keeps us under grace and not using it and then becoming wet due to the rain of the curse of the law. Only God judges righteously and He did not come to judge the world but to save it...through His Son.

When I judge others having reverted back to sinful ways under the law, I renounce it, I disclaim its power in me, **I give myself permission** to let others go, to let myself go, **to return to the position of grace again**. I do not harbor ill will towards others because by God's grace I am free from the law not to judge anyone! I do not have to defend myself, I do not have to be right, I do not have to make others see my point of view, but I lovingly give these things over to the one who judges righteously. I am hidden in Christ!

Practicing the Troubled Heart

As I describe these things I am describing the practice of a troubled heart. This is what we do without realizing that when we do them we are reverting, going astray, back to the old man, sin nature, **and becoming the man in charge again!** Our minds run undisciplined causing us to lose our peace. Do not over analyze, do not repeat over and over again scenarios (situations or conversations), let go and let God...**keep your heart at peace**, trust God...believe in God...His grace is sufficient for you (II Cor. 12:9)!

A troubled heart is not normal for a child of God but it is normal for the natural man; get the fear out and focus on His love for us! God expects us to maintain peace—**let the peace of Christ RULE!**

Col 3:15 And **let the peace of God rule** in your hearts, to which also you were called in one body; and be thankful.

Who lets this happen? We are responsible **to guard our heart**, to discipline our mind and wandering imaginations and to keep in check our wild speculations! God can't do this for us He gave us our heart to keep. Let not your heart be troubled, neither let it be afraid...**this is a command!**

The way of peace we know...the way of Christ, the way of wisdom is peace; our path is peace...what is missing to make for peace? What is in the way to prevent peace...How? **Our job is to do the thing that makes for peace in Him!**

Keep your peace...the way to live *now* is always in His peace!

It's not about appeasement...not about compromise...not about giving in or giving up as in resignation...or just surrendering to the circumstances...I don't have to defend or correct, or make sure that right wins...stop trying to set the record straight, stop trying to be right, stop trying and let God handle it! Can we trust God to deal with these things? **We are to guard our heart...let God guard the rest! This actually places us in God's hands far above all things...**

Remember Peace means Power!

Peace means power; peace means ***the answer***...remain in peace...peace wins...Grace and peace be multiplied unto you! **Grace gives us all things freely**...because of the blood of Jesus but **our peace will keep all things given...our peace keeps what grace gives!**

The first thing that the enemy wants to do is to ***steal our peace***...**the heart must be troubled for us to negate grace! We walk out from under grace and back into the natural realm, sin nature, and under the law where we are cursed when we become entangled!** Therefore, be sober, be vigilant, **to cast all our cares upon Jesus!** There is more than the issue of comfort involved when we do this; ***it keeps us in grace and in His Peace!*** **Satan, the law, the curse can't overcome a peace filled believer because God has given the victory in Christ—above it all.**

Go in peace! Shalom...it's not supposed to be just a greeting...go inside; into peace...walk into it...live in peace! **Abide**

in peace and love in His grace...Peace is a place of power, position, **and ultimately it is a person in Jesus our Lord to whom we've been made joint heirs and one within our born again experience.**

1Co 6:17 But he who is joined to the Lord is one spirit *with Him*.

The lack of peace causes sickness; its lack causes stress, illness, worries and afflictions...When we worry we are exercising *faith in wrong things!* When we stay in peace we stay in completeness, wholeness, being made well and restored...**in essence our peace is the indicator that we are in grace! It indicates that we are in communion with the Lord.**

Jesus peace gives us beyond measure...He gives more than we ask or think...the peace of Christ reigns! He is the Prince of Peace!

Can we let the trouble go? Can we give it to Christ? Can we not go there to become entangled again? When we get entangled, ***Christ profits us nothing***...we are estranged from Christ...*we are stopping the wrong thing*...we are stopping peace, grace, and faith and Jesus...we have fallen from grace! (Gal. 5:1-4)

Conclusion: Protect your peace above all things!

Protect your peace, stay in it, don't let the world trouble you...Jesus said, "I am with you to keep you, to favor you, to sustain you, to lead, guide, **and be to you your life**, I will never leave you nor forsake you...**and I will not let the troubles win...only you must believe in me!"**

Php 4:7 and the **peace of God**, which surpasses all understanding, will guard your hearts and minds **through Christ Jesus**.

1Th 5:23 Now may the **God of peace** Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

When we worry, fear, doubt, and remain troubled in our heart this is not rest, not peace, not faith...stay in peace...the peace that surpasses all understanding...that means it doesn't matter what it looks like in the real world...God is released into our lives when we stay in His peace...**We are keeping God in control and letting our control go...Let not our heart be troubled, let the peace of Christ rule always. Stay in communion with Jesus. Amen.**