

2025 11 09 / John 14:27
Rev. Dr. Hae-Jeong Yoon

Practice Peace



Peace with God and promise of peace: Through the sacrifice of Jesus, by accepting Jesus' sacrifice for us in our hearts, we have peace with God. The life of Jesus was given to us. God sees us as righteous people as he sees Jesus in us. We are justified. Especially when Jesus left the Earth, he gave peace to his disciples. "I give you peace that nobody can take away." However, we wonder whether the peace given to us really exists in us. Because we rarely find peace in ourselves.

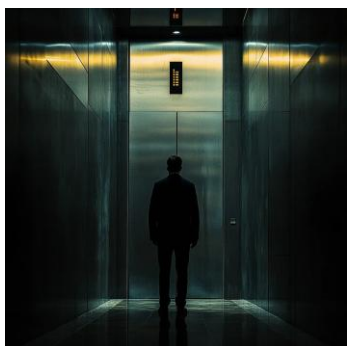
Inner Peace: When I served in Susanville, a member of the Bible Study talked to me, "Pastor, I cannot find peace. Whenever I tried to be peaceful, I had a tiny bit of peace after a long prayer. And it disappeared very quickly in a moment. It was frustrating. I believe we humans cannot have peace in our hearts." Somebody who stood next to her said, "It is right. We cannot have peace. The peace in the Bible is not available for us!"

How do these words sound to you? Is it familiar to your heart? I can say for sure that it is not too difficult at all. Jesus' word is true; we only need to find the inner way of peace so that we can be peaceful with others. If you cannot find peace in yourself, you cannot have peace with others. I know that until we have the full peace and the powerful peace and wisdom of Jesus, it will take time in all the spiritual growth process.

God placed us in Jesus. We are in Jesus. Jesus is in you. All the treasure of Jesus is in you through the Holy Spirit. Jesus' peace, purity, and holiness become ours, too, as we learn to live in Him. So, true peace is not something one must strive for or try to generate on their own, but a gift from God already present within us through Jesus. It is a person, Jesus, who already lives within you. So, peace is always available regardless of external circumstances or conflicts. The peace Jesus gave is not an external condition to be achieved, but an internal reality to be received and practiced.

We desperately need peace. You might wonder how you can achieve it. What's the obstacle? It's the thought, "How do I do that?" The old man within you can't accomplish anything. However, the new man within you possesses this ability. The resurrected man with Jesus possesses this peace. Jesus is the embodiment of peace. When you're connected to the Holy Spirit, the new man within you comes alive. Peace is already within you. God gifted us peace with everything great in Jesus. We must connect with Jesus in our daily moments.

Have you ever had a moment, "Oh, I lost peace inside?" At a moment! You lost the alignment with peace! Then, what is the way to find peace back in your heart? I want to give you an illustration. It is one of my dreams.



Imagine a building that is your inner world, mental and spiritual space. You go to an elevator that leads to the peace floor, the highest floor of your inner building. The first thing you do is press the button in front of the elevator door, and then what happens? Then soon the elevator comes down and opens a door for you. Then, you enter and press the button of the peace floor. Let's say the 50th floor, the top floor of your inner world. And what do you do inside the elevator? You don't do anything at all; you stay there quietly. Then the elevator will bring you to the peace floor and the door opens again so that you come out and enjoy the peace floor. There is nothing you do except be aware of your inner signal and pressing

the button of the Holy Spirit, the elevator. And let the elevator take you there. It sounds simple and easy. Yes, it is.

Awareness of the misalignment is important. Your inner man will press the button and stay with the Holy Spirit for a short while, and the Holy Spirit will bring you to the peace floor. How much time does it take? It doesn't take so much time for me. Once it took long time. Now, sometimes, several seconds. Sometimes, several minutes, ten minutes, or twenty minutes. It could be longer. However, Peace is already there. If you find peace on the peace floor, you just say Lord, thank you!

You might lose peace again when you focus on the struggle and conflict within you. If you focus on God, peace will be there. It is how the spiritual world works. When you focus on conflict, it calls the spirit of what you focus on. If you want peace, focus on Jesus, and let Jesus work. This way, we can develop peace mindset.

You can practice peace. After being soaked by the presence, you will have perhaps 5 min peace inside. It will increase in a week, 30 min, or one hour. When you constantly practice peace, you can have constant peace. It will become a change to the mindset and be set on peace. As I explained earlier, mindset is the brain's mental highway to respond to certain things. It follows the former mental path automatically. This mindset should be peace, then it will become a lifestyle in you as God is in you. God is always restful, peaceful, and calm. Unworried, unhurried. You need to settle down and walk with God daily. Being soaked by His presence.

In His kingdom, there is always peace. That peace is the peace you cannot understand by human logic. And the availability is here and now. It is the gift of God's nature. You will no longer be troubled to receive the presence of peace. It will guard your heart and mind. Peace will be sentinel and guardian to your mind. It helps your thoughts remain positive and powerful. Peace ensures you are not ambushed by the world, flesh, or the devil. It is beautiful and powerful peace of God. It is peace like a river, always flowing, always refreshing, always giving life. Peace creates an expectation of good. In you. Peace annihilates negativity. Peace is not a situational one at all. It is relational. It is relational peace from God. And quiet joy is always loaded upon peace.

When you have this peace, you can be a true peacemaker. Engage peace first inside. Let peace go before you so that peace meets trouble first. When peace is guiding your heart, there is no upset!



Peace with others: When individuals experience this deep inner peace, it naturally enables them to live peaceably with others, even in conflicted situations. The inner peace is an "active peace" that breaks down barriers created by fear and lets God's character (love, joy, peace) flow into difficult relationships and situations. This internal rest and peace are described as a powerful weapon against negativity, anxiety, and fear, allowing a person to respond to situations from a place of stillness and confidence in God's control. "Peace to each other" is a natural overflow of the first peace within.

Let's imagine a scenario: You are dealing with a family member who frequently criticizes your life choices. Typically, this interaction makes you feel defensive, anxious, and frustrated, leading to an argument. How can we make peace in the relationship?

At first, let peace be filled already before the family member starts making critical remarks. The possibility of anxiety and frustration will be diminished already by the presence of peace. In a moment, you might feel that you are outside of alignment with peace. Then, you will take a deep breath. Invite God's presence into you. And ask God, "God, how do you see this person and situation right now?" Or "Lord, I choose your peace at this

moment.” Intentionally, deliberately inviting peace to the situation and the person involved. Visualize God’s washing over the interaction. And decide to operate from a place of inner calmness and confidence in God’s control and not personal pressure.

You will have more room for **focusing on others**. When your internal conflict is minimized, energy is freed up to genuinely care for others. A peaceful person is a better listener, more present, and more attuned to the needs of their partners, family, and friends. Inner peace fosters a generous spirit, leading to more forgiveness, patience, and kindness. They are less likely to hold grudges because they have resolved their own internal issues.

The calm response, unexpected by the other person, creates an opportunity for a different outcome, potentially opening their heart to a new kind of interaction in the future. (Proverbs 15:1) You need to live from your true identity of peacemaker, who you are in Jesus Christ.

Inner peace leads to positive outcomes in relationships because peace can engage with others from a place of security, self-control, and genuine love instead of from a place of insecurity, fear, or neediness.

A Prayer

Heavenly Father, thank You that Your nature lives within and that Your peace is a constant, unfailing gift. Help us open our hearts to receive the flow of perfect peace. Lord, we bring before You the areas in life that feel pressured, specifically [mention specific situations or relationships, e.g., the conflict with my co-worker, the anxiety about my finances, the worry for my family]. Confess that these things have been allowed to steal focus and rest. And for allowing fear and anxiety to be the default response.

Right now, we will pause, and reconnect to Peace from you,
Right now, actively release these burdens into capable hands.

Thank You for being peace that surpasses all understanding.
Guard our hearts and minds in Christ Jesus.
Receive stillness and declare that you will operate from a place of quiet confidence.
In Jesus' name, Amen.