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### How to Obtain Peace and Keep It (Part I)

1. John 14:27. God has given us Peace. The issue is keeping it.
2. Humility – Hebrew word Anavah, A foundational heart attitude characterized by utter dependence on God and selfless focus on others. It is not self-degrading or having a low opinion of yourself. It is thinking of yourself less and recognizing your proper place before the Creator. Always giving God, the Glory. Greek - Lowliness of mind and a complete dependence on God.
3. Silence – Hebrew word sheket , A Spiritual posture of Reverence or Trust and Humility before God. Waiting on the Lord, self-control, and the space required to hear the still small voice. 1. Sheket - common, quiet please 2. Shtika - silent not speaking 3. Demama – Deep stillness or hush. 4. Cheresh - a Type of silence that implies restraint or hold back, ignoring something. Greek. 1. Si-gi Stillness or calm. 2. Sio-pi Keeping ones Peace - Be quiet. 3. I-sy-chia implies internal Peace Greek. Restrain from speaking. The space required to hear God Speak.
4. Not Everything needs your voice. Your silence says more than your words ever could. Those truths hit deep, doesn't it?? Especially in a world where everyone wants to be seen and be heard. Facebook, Instagram, Blogger, Influencers, movie stars etc., all want to be heard and to be right.
5. I am learning through much pain, that Silence is not weakness, it is Wisdom. It is Worship. It is Warfare.
6. When the enemy provokes us and when people misunderstand us, when trials overwhelm us, the most powerful thing we can do sometimes is NOTHING. Nothing but focus on God, humble ourselves before Him and stay silent in trust.
7. Silence isn't the absence of action. It's the Presence of Faith.
8. When we choose to close our mouth and open our hearts, we are not retreating, we are rising. We are saying with every breath, God, I trust You, more than I trust me and my emotions. I believe in Your justice, more than I believe in my defense. THAT KIND OF SILENCE IS SACRED.
9. Psalm 62:5 For God alone, my soul waits in Silence, for my hope is in Him. This is not Passive waiting, this is an expectant soul, in deep waiting, that knows God is moving, even, when I'm not. This is what it means to surrender, and stand still and know, He is God.
10. This kind of Silence requires humility. Pride wants to speak. Ego wants to win. But humility bows low and whispers, "Lord, Have Your Way". Proverbs 13:3, "Whoever, regards his mouth, preserves his life".

11. It's not about suppression. It's about preservation, we must guard the Peace God gave us. We are guarding the purpose God planted in us.
12. Silence is not empty; it is full of God. And when we stay silent in His Presence, we invite Heaven to speak on our behalf.
13. Let God search your heart before we start. Before we begin to silence the world, we must silence our own noise. That's where it starts, not with who is around us but what is within us.
14. We think the problem is others, noise of opinions, the criticism, the misunderstanding, but the deeper we go with God, the more we realize the real battle and the noise is in our own soul. The clutter of pride, a low continuous voice of insecurity, the whispers of fear and old wounds. And if we don't first silence those, we will never truly hear God. We will never find rest or be able to walk humbly before God and wait quietly before Him.
15. David understood this when he prayed in Psalm 139:23-24, "Search me, O God, and know my heart; try me and know my thoughts, and see if there be any wicked or offensive way in me, and lead me in the way everlasting".
16. That Prayer is not comfortable, but it is extremely important and must be prayed. It's a Holy Invitation for God to come in and clean house, to shine His light on the corners that are hidden or we would like to keep hidden. To show us what we have been carrying, that we were never meant to hold.
17. That is where real silence begins, not just shutting our lips, but surrendering our hearts.
18. Have we invited God to search us lately? Have we allowed the Holy Spirit to quiet our racing mind and reveal the true state of your soul? 2 Cor 5 says, "Examine yourself" to see if we are in the Faith. Test ourselves, not so that we can condemn ourselves, but so we can realign. So, we can strip all the distractions and spiritual noise, where we can get back to the quiet place where our hearts beat in rhythm with God's.
19. This is not about perfection, it's about posture. It's about saying Lord, I don't want to speak from pain, I don't want to move from pride, I want to respond from your Spirit, not my own emotions.
20. Heb 4:12, The Word of God is alive and active, it judges the thoughts and attitudes of the heart. That is what happens in the silence. We hear God's voice as He dissects our motives. Not the world echoing our fears.
21. This is where transformation begins, when I stop trying to correct everyone else and let God, correct me. When I stop trying to silence others and instead let God quiet me. That's when healing starts and humility is born, that is when I can walk into the sacred silence. Not as someone hidden from conflict, but someone rooted in His Lord, Jesus Christ. (Scripture, He didn't say a word).
22. We may be in a loud season, thought, worries, opinion of others are everywhere. And you may want to speak to defend yourself and be heard. Let others know, I'm not scared etc... Before you say another word, before you confront anyone, go to God and say search me. Ask God, what is going on in you.

23. That's not weakness that's strength, that's wisdom, that is the beginning of Spiritual Authority.
24. For Mental Clarity – Ignore the noise. Cut off distractions. If the enemy cannot destroy you, he'll try to distract you. If satan can't come for your Calling, He'll come for your concentration. If he can't wreck your destiny, he'll try to scatter your devotion. And it won't always come through huge sin and drama. Sometimes it's just a constant drip of noise. Notification. Headlines. Opinions. Pressure to respond. Pressure to keep up. Pressure to Perform.
25. If we don't intentionally guard our minds, we will find ourselves Spiritually scattered and mentally drained, emotionally reactive and slowly but surely your focus on God begins to fade.
26. God is calling us back to Him, back to silence, back to a singular focus. Him. A focus that says, "Lord, You alone are my Focus". The most Spiritual thing we can do is cut the world off and sit in stillness before God.
27. It's not lazy, it's Holy; It's not avoiding, it's Abiding. Mark 1:35, Jesus got up early and went off to Pray. If God needed time alone, we certainly do. Jesus staying connected to God was more important than staying in the crowd. We need silence to stay aligned with God.
28. When was the last time we didn't just turn off the phone; but we did not respond to anything but God.
29. Silence doesn't just create Peace, but it creates clarity and clarity brings us in alignment with God.
30. Is 26:3, God will keep us in Perfect Peace, whose mind is stayed on Him. When Your mind is fixed, your spirit is strong. When your mind is scattered, you feel lost.
31. If your Peace is always being interrupted, what has access to your attention?? You do not have to entertain every opinion, answer every call, be everything to everyone.
32. God is giving you permission tonight to stop, quiet the noise and focus on what truly matters.
33. **YOU HAVE A RIGHT TO PROTECT YOUR MENTAL ALTAR.**
34. 1 Thes 4:11, Lead a quiet life, mind your own business and work with your hands. That's not just practical advice, but it's Prophetic Instructions. Quiet does not mean insignificant. It means intentional.
35. The Holy Spirit doesn't shout over chaos, He waits for quiet hearts, He moves in Stillness. And when we are quiet, something shifts, and we hear Him more clearly. You see your situation differently. We response to situations with Grace instead of fear. We rise in strength, because we kneeled in surrender.
36. Saints, we must cut off the distraction, pull back from anything that is pulling you away from God and stealing your Peace. We cannot escape the world; however, we do need the equipment to impact it.
37. We must be silent enough to hear Heaven, however long that may take. Because once you have heard from God, the noise of the world can no longer impact you.
38. The world is loud, but God still speaks in a whisper, remember Elisha and the still small voice. Don't miss the Voice of God because your heart is tuned to the wrong frequency.

39. Clarity is your weapon; Silence is your strategy. And God is always Faithful to meet you in the quiet place.
40. The Power of Isolation. Growth begins when we are alone with God. The seed must break in the ground before it rises in the light. It's true in nature and it is true in the Spirit.
41. So many times we crave attention, visibility and recognition. We want our Calling to be affirmed, to be known and our Gift to flourish. But before the rising, there must be a breaking; before the bloom, there is the burial. God does His best Work in the dark, when no one is watching, no one is clapping and even when we start to wonder, God, are You there?? He Is. He is not just there in the spot light. He is there in the soil.
42. Hiddenness is not rejection. It's preparation. We are not being overlooked. We are being refined. John 12:24, when the seed dies, it brings forth much fruit. The dying isn't Destruction, it's Transformation, it is necessary. The seeds cannot become a tree until they break.
43. Do you feel quiet, buried alone?? The phone is silent; there is no affirmation, you have prayed fasted, served and yet nothing is happening. That's because some of God's most powerful moves are done in private.
44. 1 Kings 19, The Prophet wanting to die - God did not rebuke him! God fed him, met his need and let him rest. And after isolation of 40 days, finds himself in a cave alone, tired and still. And there came, not a huge wind or fire, but God shows up in a still small voice.
45. Sometimes the cave is where clarity comes, sometimes it takes silence.
46. Ps 91:1, There is a place in God, that the crowd cannot go. There is an Anointing reserved for those who are willing to be hidden until God says NOW.
47. At first, you might feel hidden and forgotten. But you will find out God is building roots. He will form something inside of us that could not survive the weight of exposure, without the strength of intimacy. He was building roots, shaping character, pruning pride. That's what isolation does, it strips away applause and pride and forces you to confront who you are, without the noise. And in that confrontation, God meets us and lovingly matures us and molds us.
48. So, we must not rush out of the soil, but we should stay hidden, because when the time is right and the roots are deep enough, the fruit will come. And it won't just be a public show or success, but it will be private strength that can carry it.
49. You may feel buried, but for sure you are not dead. You are planted and when God plants you, He intends to grow you.
50. Growth does not begin in the Crowd, it begins in the quiet, so trust the dark, trust the silence and trust the God, Who sees in secret and rewards in the open. He is never punishing us, He is preparing us for the next chapter and it will be worth the wait.
51. Stay Humble, Stay Quiet and He will lift you up. You don't need a spotlight, when Heaven is already watching. A world that is obsessed with applause and instant recognition, the temptation to promote ourselves can feel overwhelming.

- 52. Heaven's Paradox, the way up is down, the higher God wants to take you, the lower He'll often call you to walk. Not because he wants to diminish you but because He wants to deepen you.**
- 53. He will not keep you hidden forever, He is teaching you how to trust Him with your unveiling.**
- 54. Humility – Phil 2:5, Let this mind be in you, which was also in Christ Jesus.**
- 55. Do you see the rhythm? Humility, then Honor, Submission, then Elevation. Silence before the Shout.**
- 56. Silence is not surrender. Quietness does not mean weakness. Sometimes the strongest thing you can do is say nothing and stay low. Let the world misunderstand you. Let them label your quietness as passivity. Because the truth is staying silent, while God works behind the scenes is one of the deepest acts of faith you'll ever live out.**
- 57. The quieter your soul, the more Heaven speaks.**
- 58. Stop explaining yourself to people, who were never suppose to understand your assignment in the first place.**