**The Peace of God.**

Feelings -

 As Human beings

we all have feelings.

 Joy, happiness, sadness, grief, etc.

 God has given us emotion

to feel things.

 This capacity is part of our soul.

He desires that we should be happy

 and when sad to be able

to draw comfort from Him.

Depression –

* sadness, or a low mood

that does not go away.

* being irritable

or grumpy all the time.

* not being interested

in things previously enjoyed.

* feeling tired

and exhausted a lot of the time.

Recent statistics record

that 1 in 5 young people

have a problem with depression.

The Lord Jesus said,

*“Let not your heart*

*be troubled:*

*ye believe in God,*

*believe also in Me.”*

John 14v1.

He also said,

*“Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you.*

*Let not your heart*

*be troubled,*

*neither let it be afraid.”*

John 14v27.

The reason for so much depression in the world is that the vast majority have turned their back on God,

and His love and mercy.

They, foolishly say in their hearts,

“There is no God.”

“I can manage my life

on my own.”

How foolish!

Is this your attitude?

True peace is a priceless blessing from the Lord.

Only true believers know,

and experience, the peace which the Saviour gives.

The ‘peace’ that the world offers

is not real peace.

It does not address the need

of our soul.

Naturally,

we are born enemies of God,

we need to be

reconciled to God.

Our sin spoils our peace.

Reconcile – Enemies

who are made friends.

God’s forgiveness is at the centre of reconciliation.

A good sadness to have

is when we realise

that we are sinners

before the Holy God.

The Bible calls this Conviction.

The conviction of the soul

is the work of the Holy Spirit. He grants us new life,

spiritual life,

through the New Birth.

*“And we know that all things work together for good to them that love God,*

*to them who are the called according to His purpose.”*

Romans 6v28.

*“And the peace of God, which passeth all understanding, shall keep your hearts and minds*

*through Christ Jesus.”*

Philippians 4v7.