

STAY IN PEACE

5

**Choices to
Make Every Day**

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STAY IN PEACE

1

Introduction

2

Set Your Focus

3

Take Time to
Meditate

4

Encourage
Yourself

5

Expect Good Things

6

Rest in the
Promises of God

7

Conclusion

8

The Missing Peace

9

About Miracle
Channel

INTRODUCTION

God wants you to live a life full of joy and peace.

Do you ever struggle to hang on to peace?

Maybe you struggle with anger and so many things just seem to push your buttons. Or maybe worry is your struggle, and you're struck with anxiety every time you enter a new season of life because it brings change and new challenges.

We all go through highly stressful situations in life where we need to hang on to peace if we want to get through without making emotionally-driven decisions that we later regret. Philippians 4:8-9 reveals the key to experiencing the peace of God in every situation.

Finally, brethren, whatever things are true...noble...just...pure...lovely...of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Philippians 4:8-9 (NKJV)

God wants you to live a life full of joy and peace.

That being said, I can think of many Christians who don't cultivate the joy and peace God provides for their lives. They aren't living it, and part of the reason is because they're waiting for it to drop from Heaven.

Meanwhile, joy and peace are within you because Holy Spirit is in you. However, you have to choose them. Let's look at five decisions you can make to choose peace every day.

1

Set Your Focus

Are you limited by your mindset?

We can either choose to follow the Spirit or the flesh in our thought lives.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.

Romans 8:5-6 (NKJV)

When we set our minds on fleshly things, we limit our thinking. With a mind that is set on worldly, limited thinking, you'll never dream big or take your relationships to a new level. On the other hand, a mind that is set on the Spirit and the things of God focuses on what God's Word says.

God's Word says that **you can do all things through Christ who strengthens you** (Philippians 4:13). It says you are part of a **chosen generation, a royal priesthood, a holy nation, God's own special people** (1 Peter 2:9). You will **ride upon the high places of the earth** (Isaiah 58:14). Even if things get so bad that people are perishing by the thousands around you, **no harm will come near you** (Psalm 91:7).

Your Father God **loves you** and has **great plans for you** (Jeremiah 29:11). According to Psalm 139:17-18, God's thoughts toward you are more than the sands of the sea, and they're **all good**. Your relationships can be so awesome that people will be attracted to God just by looking at your life. If you have kids, God's Word says that they will be **blessed** (Psalm 112:2). And these are just a few of God's promises to you!

What is your mind set on? Set it on God's Word, and allow it to challenge the way you think!

2

Take Time to Meditate

When you're still, your focus clears!

Meditation helps you gain clear focus.

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.

Colossians 3:1-2 (NKJV)

This verse encourages us to set our minds on the things above. The more we meditate on God's goodness, presence and promises, the more we can rise above the anger and fear that threaten to rule our decision making. **Meditation helps us to learn to control our emotions, gain perspective and get clearer focus, and this empowers us in every aspect of our lives.**

We've all faced painful, emotionally-charged situations where we had to make a decision. Often the decisions we make are the ones that get us out of the pain as quickly as possible, but these aren't always the best decisions. In fact, it's pretty safe to say that if you make major decisions when you're highly emotional or when you're rushed, you'll make the wrong one every time.

On the other hand, if you learn to be still as you spend quiet time with God each day, it's amazing. Not only will you have more **peace during highly emotional times**, but the **wisdom you need** will come to you. A principle or a Bible story might come to mind, creative ideas will flow, or you'll think of just the right thing to say to resolve the situation. **Holy Spirit works with the Word we've planted in our hearts to guide and direct us to make the best decisions.**

When you're still, your focus clears. You see solutions more clearly, and all it takes is a daily habit of creating still, quiet, meditative moments with God and His Word every day.

3

Encourage Yourself

Jesus turned to prayer to access the strength He needed.

Do you ever feel like you could use some encouragement?

We all love to hear words of encouragement from others, and while we need to build relationships that are mutually supportive, we also need to know how to encourage ourselves.

Just before Jesus was about to be crucified, He needed encouragement. Jesus knew what He was about to face, and He was so distressed that He sweat drops of blood. **Where did Jesus turn for the encouragement He needed to get through the trial of His life?** He turned to prayer and accessed the strength He needed to make it through.

Then an angel appeared to Him from heaven, strengthening Him.

Luke 22:43 (NKJV)

There's something about prayer that strengthens you like nothing else can. Many people think that prayer is about getting God to do something, but prayer is not about begging, bugging or pleading with a reluctant God who is withholding something from you! Prayer is about exercising your rights and authority as a believer, and it strengthens you.

If Jesus Christ, the Son of God, needed to spend time in prayer, then so do you! What are you facing in your life right now? Are you feeling down and discouraged? Could you use some encouragement? You can talk to God today.

Maybe this will involve spending a little quiet time with Him, just talking out what you're going through and pausing to "hear" what He wants to impress on your heart. Thank Him for the peace, power and strength He's placed in you. Spend time in His Word, because it has the power to guide, lead, encourage and strengthen you. Always remember that you can do all things through Christ who strengthens you!

4

God made you, and He wants your body at top-notch ability and your mind free.

When God's Word is taught, the Bible says that He confirms it with signs following. We need to expect the miraculous!

And they went out and preached everywhere, the Lord working with them and confirming the word through the accompanying signs. Amen.

Mark 16:20 (NKJV)

God made you, and He wants your body at top-notch ability and your mind free. Maybe you've put up with a problem for so long that you have stopped expecting to be healed. Just because doctors give a condition a name doesn't mean it's permanent.

Everything submits to the name of Jesus!

Expect Good Things

You may have tried praying without results, so now you say, "Well, I'm just going to walk in God's grace," which to you means He helps you to put up with it. No, **God's grace empowers you to be well.**

Let's rise up in faith and recognize the spiritual realm dominates the physical and mental. **The Spirit of God in us dominates** mental illness. He dominates demonic oppression. He dominates physical diseases and sicknesses.

The presence of God in your re-created spirit gives you the power to resist all sickness and disease, and that is what is taking place in you right now.

Let's believe together that disease must leave your body. Say, "Thank you, Father, that I am strong and healthy, in Jesus' name. Disease has no right to be in my body. My organs are functioning properly and every system in my body is in balance. Every brain cell and nerve ending from the top of my head to the tip of my toes is being restored to serve me properly. The problems I've been facing will no longer stop me from fulfilling God's plans for my life. In Jesus name, I am healthy and I am at peace!"

5

You have the favour of God, and His grace in your life empowers you.

What is it in your life that is distracting you from peace? Are you dealing with a health, financial or relationship problem?

If you've been searching for answers and have been working yourself to the bone to try to overcome what you're facing, remember today's verse. It doesn't say labour to get healed. It doesn't say labour to become prosperous. **It says labour to enter the rest.**

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.
Hebrews 4:11 (NKJV)

Recognize that God's promises are your right. That part has been done. From that realization, you can develop a sense of ease, because Jesus' yoke is easy and His burden is light.

Rest in the Promises of God

I'm not saying that you won't need to do your part, but you can experience peace through it all. You may need to work hard, but you don't need to strive and struggle or wear yourself out. If that's how you've been feeling, you are forgetting that **you have the favour of God, and His grace in your life empowers you.**

Instead of believing that serving God is hard, you can **trust in the grace** that Jesus has qualified you for. He's qualified you for all God's blessings. You can walk in victory with an abundant provision.

Every day, remind yourself that His favour is on you (Psalm 84:11) and His goodness chases you down (Psalm 23:6). Remember that His healing is within you (1 Peter 2:24). No foreign virus, sickness or disease stands a chance in you or in your family. Exodus 23:25 says that He removes sickness from the midst of us. God's Word says that a thousand might fall at your side, ten thousand at your right hand, but it won't touch you (Psalm 91:7).

Believe and be blessed. **Believe in His favour and walk in His promises.**

CONCLUSION

Peace acts as an anchor to your soul, keeping you stable even in troubled waters.

When you spend regular quiet time with God, just enjoying His presence and meditating on His Word, **it equips you to handle difficult situations.** Then, when you're in the middle of an emergency, you can quiet fear and choose peace by deciding what you're going to focus on. There is a peace that becomes yours. **This peace acts as an anchor to your soul, keeping you stable even in troubled waters.**

Every day, remember these five choices you can make to stay in peace:

1. Set your focus on God's Word.
2. Take time to meditate on God's goodness and His presence.
3. Encourage yourself with prayer.
4. Expect good things.
5. Rest in the promises of God.

Cultivate incredible joy and peace by spending time in His presence and meditating on scriptures about God's love for you and His promises for your life. **He loves you completely, immeasurably and unconditionally!** Even catching a glimpse of the extent of His love can make your heart jump with joy and give you peace that surpasses all understanding.

The Missing Peace

Peace is an incredible gift from God that anchors and equips you in every situation. Yet many of us struggle to experience it. You may know peace is a promise in God's Word, but it sounds out of reach. Maybe you've been feeling depressed or anxious lately or you have constant feelings of condemnation, like you'll never be able to measure up.

When going through these kinds of struggles, we often want to hide it. Because of the stigma associated with mental health issues, we don't want others to know, especially our fellow believers. The truth is, you're not alone, and you have no reason to be ashamed. Many Christians share your struggle. The good news is there's hope. You can experience a life filled with peace, joy and confident expectation for an awesome future.

In my audio series, *The Missing Peace*, you'll learn:

- The six major fears that torment people,
- Why religion is one of the major causes of depression,
- The missing piece for many who struggle to experience peace,
- Why believers should not be embarrassed or ashamed if their condition requires medical and/or natural treatment, and
- How to implement one of the greatest solutions to overcoming mood disorders or depression.

Click here to get my audio series and begin walking in a powerful sense of peace that will guard your mind!



The Missing Peace

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Leon Fontaine

Leon is the CEO of *Miracle Channel*, host of *The Spirit Contemporary Life*, and the Senior Pastor of *Springs Church*, one of the largest churches in Canada.

His weekly messages broadcast across North and South America, Asia, Africa and other far-reaching parts of the world.

Leon's daily devotional, *Devoted with Leon*, is sent by mail and email to thousands of readers.

