

“PEACE OF MIND” -- ARE YOU GETTING THERE?

By Nino Boezio

Do you want to have “peace of mind”? Everyone wants an inner peace but often have different ideas as to how to attain it.

Peace of mind involves a tranquility which is not normally tied to one’s circumstances and surroundings. A person is not troubled by his or her thoughts and emotions.

There are things that can rob you of this peace. You may have made horrible mistakes in your past. But instead of letting such things go, we brood about them. We thereby lose our peace of mind.

If we do an honest and deep evaluation of those things that haunt us, we may find that we have intertwined our life experiences with feelings of guilt, fear, regret and anxiety.

We never confronted these feelings but buried them in a rather shallow grave. They surface from time to time when something similar brings the past event or experience back to mind. Sometimes the memory of a painful event never left us in the first place.

The apostle Paul said in Philippians 4:11 (NKLV) *“Not that I speak in regard to need, for I have learned in whatever state I am, to be content”*.

Paul was someone who probably deserved to be robbed of his peace of mind, at least in terms of what he did to other people, and through what others thought of him.

Prior to his calling, Paul was a vicious enemy of Christianity (Acts 22:4, 26:11, 1Corinthians 15:9, Galatians 1:13, 1:23, 1Timothy 1:13). He had Christians thrown into prison, which in those days would not only be a permanent sentence in many cases, but be a terrible way to die. Prison or dungeon conditions were horrendous. Paul was possibly responsible for also torturing Christians, for Paul wrote that he compelled Christians to blaspheme. Paul physically disrupted families.

How can such a person as the apostle Paul, ever achieve peace of mind or deserve to get there? How could he arrive to the point where he was able to state, that he was content with the state of his life?

The word content does not mean you are bouncing off the walls with tremendous happiness. But being content means you are satisfied with where you are, and your desires may be toned down. It does not mean you can’t or shouldn’t reach for more in your life, but at least you are not upset. When you in a state of contentment, you aren’t going to become bitter and be in a state of mental anguish. Paul did not get overly wrapped

up in the ups and downs of life, which in his case were also often severe (Philippians 1:12).

We make the determination to never do such bad things again. Peace of mind is also achieved by seeking to make amends. We should seek to reconcile and make things right with those we hurt. Peace of mind would involve forgiving the self, forgiving others and ultimately seeking the forgiveness of God.

It involves confronting the hurts, the disappointments and regrets that plague us regularly. Thankfully, God offers us powerful solutions to help us achieve that important peace of mind. Throughout the bible, there are many words of comfort given, but God is also available to help us deal with the hurts we all face.

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