First Baptist Church of West College Hill – From the Pastor's Desk Page 1 February 16, 2020

Theme for 2020 I AM WHAT 'YOU' SEE!

'LORD, Open My Eyes, Help Me Believe, I Am What YOU See.'

"Your eyes are windows into your body. If you open your eyes wide in wonder and belief, your body fills up with light...Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! You know me inside and out, you know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you. The days of my life all prepared before I'd even lived one day. Your thoughts—how rare, how beautiful! God, I'll never comprehend them! I couldn't even begin to count them—any more than I could count the sand of the sea. Oh, let me rise in the morning and live always with you."

Matthew 6:22 (MSG); Psalm 139:13-18 (MSG)



This Week's Thought - February 16, 2020

"I lay down and slept [safely]; I awakened, for the LORD sustains me. I will not be intimidated or afraid of the ten thousands Who have set themselves against me all around." Psalm 3:5-6 (AMP)

Peace of mind comes from our Master Jesus. He is the master at putting our mind at ease with His eternal perspective. It is trust in Him that gives us tranquil thoughts. Without His peace we would worry and fret endlessly. A peace-less mind is paralyzed by the thought of everything going awry. The feeling or belief is that 'What can go wrong will go wrong because the odds are stacked against us.' Without the peace of Christ, we find ourselves with an overwhelming sense of dread, even despair. In Christ we have peace!

You need to know that Jesus is not stingy with His peace, either. He gives it liberally and lovingly. Beware of the fleeting peace the world offers. It is a very cheap substitute. The world's peace is circumstantial. His peace transcends circumstances. The world's peace is temporal. His peace is eternal. The world's peace leads you to escape from God and reality. His peace leads you to engage with both. The world's peace produces a limited perspective. His peace results in a robust and real view of life. The world's peace cannot remove fear. His peace overcomes fear with faith.

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"Peace I leave with you; my peace I give you." (John 14:27)

Once you apply the peace of Christ you have peace of mind. Peace of mind gives you a platform for living purposefully. Because you live purposely and peacefully you garner influence with others. People are attracted to the peaceful. They want to learn how to find and apply peace to their life circumstances. Your friends or family may not acknowledge it, but your peace is proof of God's existence. Peace is a powerful apologetic for the Almighty. Your calmness during crisis can only be explained by Christ. Because you lean on Him others want to lean on you.

Lastly use your peace of mind as a gauge for God's will. If you have peace, proceed, but heed if you lack peace. God's peace is a green light to go forward. The absence of His peace is a red light to refrain. Be sensitive to the Spirit's peaceful prodding to go or stay. Either way you are ok as long as the Lord's peace is preeminent. Peace gives you a state of mind that is able to think clearly and wisely. Peace positions you for wise thinking.

"And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]." (Philippians 4:7 AMP)

"I am who You say I am! I am God's workmanship, created in Christ unto good works. (Ephesians 2:10) I am an ambassador for Christ (2 Corinthians 5:20). I am part of a chosen generation, a royal priesthood, a holy nation, a purchased people (1 Peter 2:9). I am greatly loved by God (Ephesians 2:4; Colossians 3:12). I AM WHAT 'YOU'SEE!"

Application: Why does Jesus want you to access His peace? How does His peace guard your heart and mind? What person or issue do you need to exchange for God's peace in your heart and mind?

Prayer of reflection you might pray this week: "Dear Heavenly Father, I praise, bless, and adore You for many reasons. Today in particular, I rejoice in Your commitment to give me peace—to center, settle, and encourage my heart. You never pressure me to just 'get over it', or 'suck it up and be strong'; but You welcome me in my weakness, confusion, and frailties. To know that You are with me and for me—to know that You love me and are in control of all things—that is what I need, more than anything else. This is my prayer in the matchless, wonderful and compassionate name of Jesus, Amen!"

Yours in Christ, Pastor King