

"My peace I give unto you" **Outline – Mike Baird**

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"My peace I give unto you"

- John 14:27
"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"

Which kind of peace?

- There are different definitions of the word peace

Absence of Conflict

- Mosiah 10:4
"thus we did have continual peace in the land for the space of twenty and two years"

In our minds and hearts

- Philippians 4:1-7
"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus"
- David E Sorensen (Presidency of the 70)
"Jesus said, "Peace I leave with you, my peace I give unto you." But then, to warn us to look for more than just worldly comfort, Jesus added, "Not as the world giveth, give I unto you." The world sees peace as the absence of conflict

or pain, but Jesus offers us solace despite our suffering."

("Faith is the answer" April 2005 Conference)

Sin Removes Peace of Mind

- 2 Nephi 4:27
"And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the *evil one have place in my heart to destroy my peace* and afflict my soul?"
- Isaiah 48:18
"O that thou hadst hearkened to my commandments! then had thy peace been as a river"
- Romans 3:10-17
" They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one.
Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips:
Whose mouth is full of cursing and bitterness:
Their feet are swift to shed blood:
Destruction and misery are in their ways:
And the way of peace have they not known"

Tragedy trials & Tribulation Can Remove Peace of Mind

- Things happen to us that we have no control of or responsibility for
 - Death,
- Can cause anxiety, bitterness, anger, hurt etc.
- Can cause peace of mind to flee

Receiving Peace of Mind

By keeping the commandments

- Isaiah 48:18
"O that thou hadst hearkened to my commandments! then had thy peace been as a river"
- D&C 59:23
"But learn that he who doeth the works of righteousness shall receive his reward, even peace in this world and eternal life in the world to come"

- Mosiah 27:4
"That they should let no pride nor haughtiness disturb their peace; that every man should esteem his neighbor as himself"
- Proverbs 3:1-2
" My son, forget not my law; but let thine heart keep my commandments:
For length of days, and long life, and peace, shall they add to thee"

From Remission of Sins

- Alma 38:8
"And it came to pass that I was three days and three nights in the most bitter pain and anguish of soul; and never, until I did cry out unto the Lord Jesus Christ for mercy, did I receive a remission of my sins. But behold, *I did cry unto him and I did find peace to my soul*"
- Mosiah 4:3
"And it came to pass that after they had spoken these words the Spirit of the Lord came upon them, and they were filled with joy, having received a remission of their sins, and having *peace of conscience*, because of the exceeding faith which they had in Jesus Christ who should come"

Walking in the Meekness of His Spirit

- D&C 19:23
"Learn of me, and listen to my words; *walk in the meekness of my Spirit, and you shall have peace in me*"
- See meekness in the Savior's actions
 - Luke 22:42
" Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done"
 - Isaiah 53:7
" He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth."
 - Moses 4:2
" But, behold, my Beloved Son, which was my Beloved and Chosen from the beginning, said unto me—Father, thy will be done, and the glory be thine forever."

- 1 Peter 2
 - 20) For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.
 - 21) For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:
 - 22) Who did no sin, neither was guile found in his mouth:
 - 23) *Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:*
- Mike Baird:

"My conclusion and personal testimony is if we learn from the Savior's actions to have meekness in the exercise of our agency when we go through life's experiences we can find peace, even when we are "tasting the bitter that we may know to prize the good" (Moses 6:55). We are able to cast our burdens at His feet (Psalm 55:22 and he exchanges the ashes in our life for beauty (Isaiah 61:3). It is when we have pride, anger, "revile when reviled, threaten when we suffer, etc. in the exercise of our agency that peace is elusive and we are left clutching the ashes of our experiences" ("Personal correspondence regarding D&C 19:23" Feb 2008)

Through Service

- Mike Baird:

"As I was listening to President Thomas S Monson's Sunday morning address of the October 2009 general conference titled "What have I done for someone today" I was struck by a new insight regarding Mat 11:28-30. His talk is about serving others yet he concluded his talk by quoting Matt 11:28-30. As he was quoting those words I asked myself – why is he quoting that scripture at the end of a talk on service? Then my mind flashed to earlier in his talk where President Monson had quoted David O McKay as follows:

"Man's greatest happiness comes from losing himself for the good of others"

And I thought also of earlier in the talk when President Monson said:

"Those who live only for themselves eventually shrivel up and figuratively lose their lives, while those who lose themselves in service to others grow and flourish—and in effect save their lives"

My conclusion was that a way to find 'rest in our souls' when we are 'heavy laden' is to provide service for others because when we are in the service

of our fellow beings we are only in the service of our God (Mosiah 2:17-18) and thus we come unto Christ through our service and he gives us His rest and and His peace" (March 2012)

Peace of Mind comes only through Christ

- Philippians 4:1-7
"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus"
- D&C 138:
" But unto the wicked he did not go, and among the ungodly and the unrepentant who had defiled themselves while in the flesh, his voice was not raised;
Neither did the rebellious who rejected the testimonies and the warnings of the ancient prophets behold his presence, nor look upon his face.
Where these were, darkness reigned, but among the righteous there was peace;
And the saints rejoiced in their redemption, and bowed the knee and acknowledged the Son of God as their Redeemer and Deliverer from death and the chains of hell.
Their countenances shone, and the radiance from the presence of the Lord rested upon them, and they sang praises unto his holy name"
- Isaiah 9:6
"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, *The Prince of Peace*"
- Name Withheld:
"The tides of self-pity, self-reproach, and self-destruction rage against my shore. And at my shore the Savior is ever there, building—shoring up—protecting against the onslaught—telling me I have value—telling me to believe in myself. His is the voice I prefer to hear, the voice I must heed."
(["How the Atonement Helped Me Survive Divorce"](#), Ensign, Apr. 1997, 28)

Finding Peace in a Troubled World

- Alma 58:10-11
" Therefore we did pour out our souls in prayer to God, that he would strengthen us and deliver us out of the hands of our enemies, yea, and

also give us strength that we might retain our cities, and our lands, and our possessions, for the support of our people.

Yea, and it came to pass that the Lord our God did visit us with assurances that he would deliver us; yea, insomuch that *he did speak peace to our souls*, and did grant unto us great faith, and did cause us that we should hope for our deliverance in him"

- D&C 121:7

"My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment"

- D&C 6:22-23

"Verily, verily, I say unto you, if you desire a further witness, cast your mind upon the night that you cried unto me in your heart, that you might know concerning the truth of these things.

Did I not speak peace to your mind concerning the matter? What greater witness can you have than from God?"