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오늘의 말씀

“Good Habits for Peaceful Life”

[Phil 4:6~7]

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (7) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

담임목사 정석진

David Seokjin Chung / Senior Pastor

Cell 551.999.5358

pastor.ds.chung@gmail.com

5 Old Dock Rd.

Alpine, NJ 07620

Tel. 201.767.1004

www.churchofthelord.org

We are sharing the Peaceful Life series of sermons scheduled for four weeks starting last Sunday. Last Sunday, we looked for an answer to the question, "How can we live a life filled with peace in this uncertain world we currently live in?" Today, in the second message of the series, I would like to share with you how to find good habits that bring a life of peace and introduce them into our lives.

You may be thinking, 'Can a life of peace come by cultivating good habits?' But I think this is something that requires some kind of practice.

Paul expresses this as the practice of godliness.

[I Tim 4:7~8] But reject profane and old wives' fables, and exercise yourself toward godliness. (8) For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

When I think of the term physical practice, what always comes to mind are the famous words of [Leonard Bernstein], the chief conductor of the New York Philharmonic. Even though he was a genius musician who is said to have made any music brought to him into his own, he was famous for attaching great importance to practice. He said, "I know if I miss practice for one day, my wife knows if I miss practice for two days, and the audience knows if I miss practice for three days."

Paul appears to have been a sports fan of his time. Athletes were often mentioned in his teachings. Perhaps he saw a glimpse of the ancient Olympic Games. Alluding to the image of athletes who put in great effort to obtain a crown of laurel, which will quickly wilt, he points out how they devote themselves to practicing with great patience and self-control in order to obtain a crown that will soon rot, but we do not persevere in the hope of obtaining a heavenly crown that will never rot. He cautioned us about not

being able to control ourselves, and also taught us that running without direction will not lead to any reward. He even confessed that he was running a race of faith, pouring out even the last drop of his blood as a libation to receive the reward for which he had been caught by the hand of the Lord. He speaks to us like Leonard Bernstein. Practice...

As I watched the early church, I became deeply interested in the impact that the changes in the disciples' lifestyle habits had on their deep spirituality.

As soon as the church began with the descent of the Holy Spirit on Pentecost, the pattern of their gatherings was established. The elements of their gatherings, such as receiving doctrinal teachings from the apostles, sharing koinonia through the fellowship of agape love, and focusing solely on prayer when gathered, all became habits. Those holy habits caused many wonders and signs to appear in their gatherings, and led them to share all goods with each other, sell their possessions, and distribute them to the poor.

In Chapter 3 of Acts, we see the surprising sight that Peter and John had a patterned prayer time called [the ninth hour prayer time]. Don't we know how difficult it was for Jesus to ask his disciples to pray just once? With that urgent prayer in Gethsemane, Jesus was praying to the point where drops of sweat turned into blood and poured out. When he woke him up, the disciples fell asleep again, and when he woke them up, they fell asleep again... They were these kinds of people. But now it has become a habit for them to set aside time and devote themselves to prayer, and this practice of piety has become the beginning of amazing miracles for them.

So, what are some practices for a life of peace that we who live today should realistically take in our lives?

Through the teachings of Jesus, the words of the Old and New

Testaments, and the teachings of the apostles, we must live a peaceful life as a habit in today's reality where uncertainty and anxiety are inevitable. Let's share practical examples of exercises for a peaceful life.

Trusting God. The most important thing in achieving peace of mind is to develop the habit of trusting in God. God's way, God's time... Many times our thoughts and God's thoughts are different, but what is always clear is that God's thoughts are right. So Solomon suggests this to us.

[Prov 3:5-6] Trust in the LORD with all your heart, And lean not on your own understanding; (6) In all your ways acknowledge Him, And He shall direct your paths.

The reason Solomon was able to be so confident was because he knew that God would accomplish everything beautifully in his time.

[Ecc 3:11] He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end.

Develop habits of prayer and meditation. There are people who have made it a habit to worry first when something happens. In reality, very little happens that is within the limits of our abilities. So, God taught the Israelites that while they were living in the Promised Land, when a war broke out and they went out to fight, they should not pay attention to the number or strength of their enemies, nor should they focus on themselves as being relatively weak, but should focus on Jehovah who was with them. So what we need is to look at the Lord, and the best way to look at the Lord is through prayer. When something happens, we must get rid of the habit of worrying and get in-to the habit of praying first and meditating on the word of the Lord. This is today's passage.

[Phil 4:6~7] Be anxious for nothing, but in everything by prayer and supplication, with thanks-giving, let your requests be made known to God; (7) and the peace of God,

which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The biggest factors that destroy our peace of mind are anger and resentment. What other people said to me, the attitude other people showed towards me, their actions... If we grow angry about these things, we will never be able to live a peaceful life. So the Bible exhorts us to live a life of forgiveness. Maybe you're thinking, "No, I was the one who was the victim, so why are you asking me to forgive? The person who caused me pain is so happy, so why are you only asking me to forgive?" However, this is not a recommendation for those who need to be forgiven, but for those of us who suffer from a life in which peace is broken due to inability to forgive. This is Paul's teaching.

[Eph 4:31-32] Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. (32) And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

Forgiveness and tolerance can also become habits. And that habit will make your mind peaceful.

Another habit that will bring peace to our hearts is compassion. Being compassionate toward all those around us is a habit that can be very good for our own mental and spiritual health. We are people who have been taught by the Lord to think of others as we think of ourselves.

[Matt 22:37-39] Jesus said to him, "'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' (38) 'This is the first and great commandment. (39) 'And the second is like it: 'You shall love your neighbor as yourself.'

To love someone as yourself is to forgive virtually everything. We have self-pity. So everything can be forgiven. Among Ms. Yisook Ahn's books, there is a book called "Things like that can happen." In this book, Ms. Ahn Yisook talks about how

everything becomes forgivable when you see yourself in other people's problems and think that you might have done the same thing if you were in that position, and that the habit of tolerance makes you more confident. It is said that it allows you to reflect and enjoy the benefits of greater peace within it. Let us all develop the habit of saying that. "Things like that can happen." In the end, it is about loving people as you love yourself.

Next, the habit of self-sufficiency is also a thought that gives peace to our hearts. If you start all your thoughts with thoughts about what you lack, you will always become a person of worry and complaints, but if you start all your thoughts with a mind of contentment with what you have, you will begin to have a peaceful mind. The writer of Hebrews offers a good idea about this.

[Heb 13:5] Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

Even if we have nothing, if God is with us, we have everything. When they approached God with endless complaints and dissatisfaction, even manna, a precious gift from God, was nothing more than a simple plant. How sad of a life is this?

And the habit of rest is also a very important habit. The thing modern people are worst at is staying still. Our disease is that we cannot feel relief unless we do something at all times. Recently, I was a little sick, so many people around me advised me to rest for a few days. Our elders were very worried about me and recommended that I take a vacation, but since I am someone who can't rest well, I couldn't rest because I felt anxious that the world would stop working if I rested. It is also a good habit to rest and trust that the Lord will take care of us. We learned the meaning of the Sabbath regulations. God even said, "Rest. If you don't rest, you will die." Our rest is a matter of trusting in God who has done everything for us.

And serving others and being generous are also habits that give us peace. A person whose instincts are relieved by always taking what belongs to others and making it his own cannot rest even for a moment. Apostle Paul's life has always been a good model for me. Paul had many people who provided financial support for him. And he worked until he could do the work himself. However, he was a person who delighted in serving others. Look at him confessing this.

[Act 20:35] "I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'"

Sharing what we have to serve others is a good Christian habit. Only those who have tried this know the true joy. I can't stand it when I know my bank account is running low and yet there are people around me who I need to serve. It is truly much happier and blessed to "give rather than receive." Habits of service and tolerance are important secrets to a life of peace.

The Bible acknowledges that the reality of suffering is scattered throughout our lives. Even if we believe in Jesus, it does not guarantee a life without pain. Last Sunday, I said that we live in a world full of uncertainties

But we are people of faith. We want to practice living a life of peace every day in order to gain the deep peace that only faith can provide.

When these things become established in our hearts as habits, we will truly have a life filled with peace.