In short, Jesus Christ is the “Prince of Peace” and only through him can we find the “peace that goes beyond understanding.” (Isa 9:6, Php 4:7).

To have true peace, and thus true happiness, we must believe in Jesus and follow him. We can then draw on his peace through prayer and meditation on his word (Col 3:15).

The Nature of Peace

What is peace exactly? It is certainly more than not having to listen to heavy metal music if you don't like it. It is more than watching a beautiful sunset from your verandah on a still evening. Those things are peaceful, but the peace we are talking about goes much deeper and further.

We are talking about the peace of God. This peace has certain connections that make it the peace we have to have.

Peace is fellowship

Having become friends with God through the reconciliation, we are now able to have fellowship with God (1Co 1:9, 1Jn 1:3).

Fellowship with God is arguably the greatest blessing a person can enjoy. Fellowship is communion and sharing. To have God as your Father and friend, caring for you and helping you through every hardship and trial, is certainly a stronghold of peace for you.

The way of peace is to walk and talk with God. When we do this, the peace of God guards us in Christ Jesus (Php 4:4-7).

Peace is unity

One of the opposites of peace is discord and division. When we see people quarrel with each other and make war on each other, we wish they could be at peace (1Co 1:10-11).

Disunity (the world is full of it) tears apart and destroys. Peace is the bond that unites and builds.

Through Jesus Christ, the world has been given a great opportunity, which Paul calls “the unity of the Spirit in the bond of peace” (Eph 4:1-3).

When Jesus promised the Holy Spirit to his disciples, he said, “Peace I leave with you, My peace I give to you. Not as the world gives do I give to you” (John 14:25-27).

This uniting peace is not from the world, but it is for the world to make the world one.

Peace is assurance

The faith which Jesus imparts is a blessed and full assurance, a certain knowledge that “times of refreshing shall come from the presence of the Lord” (Acts 3:19, Heb 6:11, 2Tm 1:12). We can carry this persuasion with us and be at peace because of it.

Peace is contentment

Many people are angry and unsettled in their hearts and lives because of disappointments, dissatisfaction, and disillusionment. People place their hopes in this world, and the world does not deliver.

When one places hope in Jesus Christ, then one is content with what this world provides, and thankful for even a little to help along life's road (Php 4:11, 1Tm 6:6-8).

We should understand that this world is only the journey, not the destination, and we are strangers and pilgrims on earth because we are citizens of heaven (1Pe 2:11, Php 3:20).

So we are at peace, content that the journey will soon be over, and there will be joy.