

Colossians - Chapter 3
“Peace or Stress? Your Heart, Your Choice!”
Colossians 3:15-16

Verse 15

1. What a blessed condition – to have the peace of God ruling (or governing) your heart!
2. The opposite of this would be to have a heart ruled by fear, stress, anxiety, tension, and worry.
3. The peace **of** God is available to all those who have been made at peace **with** God.
 - Romans 5:1 declares, “*Therefore being justified by faith, we have peace **with God** through our Lord Jesus Christ.*”
 - Once we become part of God’s family through our simple faith in Jesus Christ, we have complete access to the Father through prayer. Ephesians 2:18, 3:12
 - As we utilize this open door, and as we take everything to Him in prayer, we have a blessed promise from God in Philippians 4:6-7 – “*And the peace **of God**, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*”
4. Does the peace of God rule your heart today? As a member of the body of Christ, this is part of your calling. The peace of God is part of our rightful inheritance in Christ.
5. Then why do so many professing believers fail to possess and demonstrate the peace of God? Why are their hearts full of tension and stress? Why are they always stressed out and worked up over some matter? Why are their lives marked by friction and quarrelling?
 - It is because they have allowed the attitudes of the old man to govern their hearts (vs. 8-9), rather than putting on the new nature they have received in Christ. vs. 10, 12-14
6. Believers can allow their hearts to be full of anger, wrath, malice, bitterness, and unforgiveness, but there is a price tag attached to these attitudes of the old man. The price tag is a loss of peace – internal misery and stress.
7. How much more blessed when we choose to put off these attitudes, allow thankfulness to permeate our hearts, and bask in the peace of God.
8. People who enjoy internal peace are loving and forgiving people who are thankful in all things (Ephesians 5:20). They aren’t out to unearth the dirt in people, but are constantly looking to see the grace of God in others.
9. This doesn’t mean that we bury our heads in the sand when other people’s behavior is hurtful or sinful. We may, in fact, have to confront them and deal with it head on. But the entire time we deal with it, we do not allow the attitudes of the old man (vs. 8) to control us. Rather, we allow our hearts to be anchored in the fruit of the new man. vs. 12-14

Verse 16

1. Do you desire to put on Christ in your daily attitudes and actions? Do you desire to be more patient, kind, and forgiving? Do you long for the peace of God to permeate your heart? This verse is the key.

2. God's Word must get inside of you. Let the Word dwell **in you** richly in all wisdom. It is not enough for you to simply get in the Word. You must allow the Word to get inside of you! We truly open up our hearts to receive the Word when we read it and study it.
3. The Word of God has such transforming power when it is received and believed.
1 Thessalonians 2:13; Hebrews 4:2, 12; Psalm 119:9, 11
4. The sword of the Spirit is the Word of God (Ephesians 6:17). The Spirit of God takes the Word of God to make the child of God like the Son of God.
5. Notice how music and singing are natural expressions of God's Word at work inside a believer's heart. Why do most church services include singing? Because it is an outward expression of a heart filled with God's Word and God's Spirit. Ephesians 5:18-19
 - "*psalms*" – These are songs taken directly from Old Testament Scripture, particularly the Psalms.
 - "*hymns*" – These are songs taken from other portions of Scripture. It is very obvious that so many of the hymn writers from the past couple of centuries had a deep understanding of the doctrine of God's Word. Their songs are rich in doctrine and truth.
 - "*spiritual songs*" – These are songs that are expressions of solid biblical truth and biblical principles. A "spiritual" song would be a song that is of the Spirit, and remember - the sword of the Spirit is the Word of God.
6. Not only this, music and singing are very powerful teaching tools. Notice Paul said, "*Teaching and admonishing one another...*"
 - This would explain why there are so many shallow and unbiblical "Christian" songs today. If songwriters have a superficial understanding of Scripture dwelling **in them**, the songs that come **out of them** will be superficial, and lack wisdom and depth.
 - A singer has no more right to sing a lie than a preacher does to preach a lie. Just as preachers are responsible and accountable for the words they preach, a singer is responsible and accountable for the words he or she sings.
7. The music in our corporate worship and private worship should reflect the truth of God's Word, rightly divided. This is the only way to truly sing with grace in our hearts to the Lord. Notice, the Lord is our audience! If this is true, do you think God cares if our music is scripturally accurate? Absolutely, He cares. He is a God of truth.
 - Our singing should not be for showing off our fleshly talents and gaining applause, but it should be an outward demonstration of the grace of God and the Word of God at work in our inner man.
 - I realize that "Christian" music and song has become a commercial business in America, but this is not God's plan and has no biblical basis at all. Charging people money to hear us sing to the Lord is a mockery of God's original plan and intention for music.