

Q: What Is Peace?

A: So many people strive for one thing more than any other—peace. The reason they seek it is because there’s no lasting comfort or freedom in their lives. It’s like they are always unsettled. The Bible defines peace primarily in three ways:

Psychological peace, which is the comfort within.

Relational peace, being harmony among humanity.

Spiritual peace, which is between God and man.

The Bible outlines [how sin damages](#) or wipes out all three types of peace. When [God created man](#), he was at peace with God, himself, and everyone else. However, that peace was lost when he turned against God. Peace can be restored, but we can’t do it alone. God provided the way.

Jesus Christ, God’s only Son, was sent to our world to take away our sins. He did so by allowing Himself to be crucified, and it was that sacrifice that made it possible for us to have peace again—peace within ourselves, peace with each other and peace with God.

After Jesus died on the cross, He came back to life. That demonstrated [Jesus is God](#), but also made it clear He desires for everyone to have perfect peace. “For He Himself is our peace, ... and He came and preached peace to you who were far off and peace to those who were near” (Ephesians 2:14-17).

Jesus empowers each of us to overcome every type of sin. No matter how difficult your situation feels, Christ can break through it. But you must first acknowledge your sin and commit to Jesus, then you can have perfect peace and know its meaning.

Jesus said, “I have told you all this so that you may have peace in Me” (John 16:33). To have peace, you must know the One who can give it.