

## **Sermon Notes**

Pastor Jon Cooke

Sermon Series: Life to the Max

Title: Peace and Rest

Scripture Reading: John 16:25-33

- Peace is absence of spiritual unrest and the assurance of salvation and of God's loving presence under all circumstances which results from exercising faith in God and His son and from the contemplation of His gracious promises.
- The world may give outward pleasure, physical rest and enjoyment, honor, and wealth, but never inner assurance which is the reflection of the smile of God in the heart of His child.
- Peace here is the absence of the troubled and fearful feelings.
- Peace of mind and tranquility arising from reconciliation with God and a sense of divine favor.

1. The Peace of Spiritual Reconciliation

2. The Peace of His Presence

3. The Peace of His Promises