

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7)



## Cultivating Shalom: Part 2

Could it be that if you have a spirit of fear, you have a spirit of weakness and hate and an unsound mind?

“The Lord bless you and keep you;  
The Lord make His face shine upon you,  
And be gracious to you;  
The Lord lift up His countenance upon you,  
And give you peace.” (Numbers 6:24-26)

May the Lord God bless you and keep you from the torment of fear and anxiety. May He cause His face to shine upon you with power, love and a sound mind and give you grace to cast out fear through perfect love. May He lift up His countenance upon you with freedom as you tell Him every detail of your need in earnest, thankful prayer. And may He give you the peace that surpasses all understanding, as He keeps your heart and mind safe through Jesus Christ.

--Bill Gothard

Hebrew word for Peace is *Shalom*. *Shalom* is the sense of well-being that comes when brokenness is made whole again.

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” Ephesians 6:13 (NIV)

“Rejoice in the Lord always. I will say it again: Rejoice!”  
Philippians 4:4 (NIV)

“Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.”  
Philippians 1:12 (NIV)

“for I know that through your prayers and God’s provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance.” Philippians 1:19 (NIV)

## Three things God's countenance does in our life:

1. Joy - It can bring great joy. In times of despair, His countenance gives sustenance.

“Thou hast made Him exceeding glad with thy countenance”  
(Psalm 21:6).

2. Direction - In times of confusion, His countenance will illuminate the way.

“Blessed is the people that know the joyful sound: they shall walk, O LORD, in the light of thy countenance”  
(Psalm 89:15).

3. Victory - But it will also reveal our hidden sins.

“Thou has set our iniquities before thee, our secret sins in the light of thy countenance” (Psalm 90:8).

## Keys to Cultivating Shalom

1. Meditate

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”  
(Joshua 1:8, NIV)

2. Watch God Move

“God will fight the battle for you.  
And you? You keep your mouths shut!” (Exodus 14:14)

3. Do not fear – be strong and courageous

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” (Joshua 1:9 NIV)