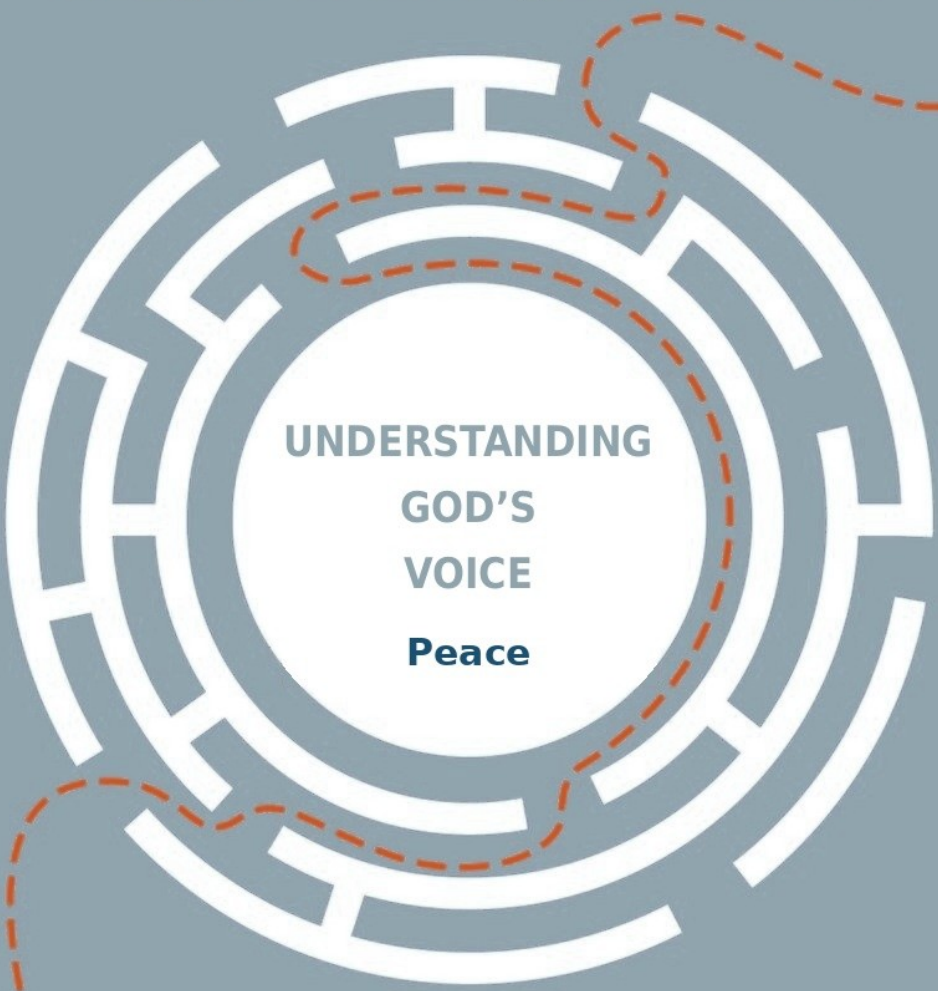
NUDGES 11

Nudges in the right direction



Wim Kamphorst

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Peace

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Foreword

The evening before His crucifixion, Jesus sat at the table with His friends. He knew what was coming. They did not yet. And still it was not Jesus who sought support. He gave them something to take with them: His peace.

> *"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."*
> John 14:27

I have discovered that peace is one of the clearest ways in which God speaks. Sometimes I receive no word and no picture, only a deep rest about a choice. Sometimes, on the contrary, unrest, while everything looks fine. That peace, or the lack of it, is often His voice for me.

This booklet is about the peace of Jesus. How you receive it, how you learn to live in it, and how peace helps you understand His voice. These are nudges: small pushes to find rest in the middle of the storm.

Wim Kamphorst, founder of (F)Luister Nederland

Introduction

The world knows peace too. Peace when everything is going well. When your accounts add up, your health is fine and the people around you are kind. That is a beautiful peace, but it is fragile. One message, one diagnosis, one quarrel, and it is gone.

The peace of Jesus is different. It does not depend on circumstances. Jesus slept in a boat while the waves were breaking over the side. He did not have less storm than His disciples. He did have more peace.

> *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."*
> John 16:33

Notice the words "in Me". Peace is not something Jesus gives you to take along. It is something you find when you stay with Him.

A closer look:
The Hebrew word for peace is shalom. It means much more than no quarreling. Shalom is wholeness: that everything is in its place, between you and God, between you and others and within yourself. When Jesus gives peace, He gives that wholeness.

Chapter 1 Peace with God

Before you can experience the peace of God, you may know that you have peace with God. That is the basis. Not a feeling, but a fact that Jesus arranged on the cross.

> *"Therefore being justified by faith, we have peace with God through our Lord Jesus Christ."*
> Romans 5:1

No more war

For a long time I lived with the idea that God looked at me a little disappointed. When I did something wrong, I kept my distance. I thought I first had to be in order again. But the war is over. Jesus has carried the guilt. God is not angry with you. He invites you to come close.

Much unrest in our lives comes from the question of whether we are good enough. For God, for others, for ourselves. Whoever knows that he has peace with God no longer has to prove himself. That gives a rest that goes deeper than circumstances.

Peace with yourself

Shalom is wholeness. That also means that God wants to bring peace into the places of your heart that are still broken. For me those were old wounds from a past of being bullied. God did not heal them all at once, but layer by layer. After each layer more rest came. Peace with God works on into peace with yourself.

Chapter 2 Peace as the voice of God

In the first booklet of this series I wrote that the language of the Spirit is not a human language like Dutch or English. He speaks Spirit. One of the best-known ways in which He does that is through peace. Many followers of Jesus know it: a storm is raging around you, but inside you have rest about a choice. Or the other way around: everything seems fine, but you have unrest.

> *"And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful."*
> Colossians 3:15

The word that is translated here as rule actually means: to be the referee. The peace of God may blow the whistle. When it falls away, that is a signal to stop for a moment.

Christformation

When I wanted to go to a Bible school, I chose one without really asking God. The papers were ready. But I had no peace. I woke up with a clear no. What did stick with me was a name I had never heard before: Christformation. When I looked it up, it turned out to be a new Bible school, and that day was their last open day. On arrival there was immediately peace. It became wonderful years.

No peace, peace

I once met two homeless men who both asked for money. With one I had no peace to keep investing in the contact. With the other I did. So I put my time and attention mainly into that second relationship. Two years later it turned out that the first had deceived me, while with the second a sincere friendship had grown. The Spirit helped me to discern, without my having to close my heart to people.

Peace on a disappointing evening

At a (F)Luister launch evening, fewer people came than I had expected. I became frustrated and restless. In the middle of that unrest I began a heart-to-heart conversation with my Father. He gave no word and no picture. He filled my heart with a peace that surpassed my understanding. I no longer focused on what I saw, but on what God had said about that evening. That evening I was allowed to share personal words with visitors. The peace did not change the evening. It changed me.

> *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*
> Philippians 4:6-7

A week full of unrest

Peace is easy to find on a quiet day. The question is what happens when it storms. I once had a dream in which a snake bit me in my heart. Three days later I had panic attacks and heart rhythm disturbances. For a week I had difficulty breathing. I did not understand what was happening. After a week I received a Bible verse. I spoke it out loud, and the unrest stopped.

I want to say honestly here: if you suffer from panic attacks or heart complaints, go to your doctor. God also works through doctors. What I learned that week is that speaking God's Word out loud has power. And that in the storm you need something to hold on to. For me that was a verse.

When fear takes over

In that period I also noticed how hard it is to listen clearly when your body and soul are under pressure. When your nervous system is in survival mode, every thought feels heavy and threatening. Then it is difficult to distinguish a warning from the Spirit from the alarm of your own fear.

A simple test has helped me. The Holy Spirit can warn you, but He does not bring panic. His voice is clear, even when it is serious. Fear drives you, God leads. In such periods, do not make big decisions on a feeling of panic. Wait until there is rest again, and look for people who will pray with you.

Your thoughts on Him

> *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."*
> Isaiah 26:3

Peace has a lot to do with where your thoughts go. When watching the news I deliberately choose one person to pray for, so that I am not flooded by all the misery. With worries I try to lay them down before God one by one, instead of letting them circle around in my head. It is a practice. Sometimes it works immediately, sometimes I have to do it again ten times a day.

Peacemakers

Jesus said: "Blessed are the peacemakers, for they shall be called children of God." Whoever has received peace himself may also bring it. In a busy restaurant kitchen on Christmas Eve all the cooks were rushing back and forth, stressed. At the end one cook said to me: "I don't know how it is possible, but every time you walked by, I calmed down." That was not my merit. It was the peace of Jesus working through me.

Chapter 3 How do you grow in peace?

Peace is a fruit of the Spirit. It grows when you stay close to the Source. A few nudges:

1. **Lay down your worries one by one**

   Write down what is on your mind. Pray over each point separately and close with “thank You” for what He has already done. Then cross it out as a sign that you have laid it down. If it comes back, lay it down again.

2. **Pay attention to peace when making choices**

   Are you facing a choice? Lay the options before God for a few days. Notice where you feel rest and where unrest. Write it down. For big choices, also discuss it with people who are further along in faith.

3. **Speak His words out loud**

   Choose a verse about peace, for example John 14:27 or Isaiah 26:3. Learn it by heart and speak it out loud when unrest comes. God’s Word is not only for reading, but also for believing and speaking out.

4. **Make room for silence**

   This week plan three moments of ten minutes without phone, music or conversation. Sit still, breathe calmly and say: “Jesus, here I am.” You do not have to achieve anything. Peace often grows in silence.

5. **Seek help when it becomes too heavy**

   Do you suffer from long-lasting anxiety, panic or low mood? Do not stay alone with it. Talk to someone you trust, have people pray for you and also go to your doctor. God’s peace and good care go perfectly well together.

Jesus does not promise a life without storms. He promises that He is in the boat. There His peace is waiting for you.

FAQ

Question: I have peace about something, but the people around me do not agree. What now?
Answer: Take both seriously. Peace is an important test, but not the only one. See whether it fits with the Bible and with the character of Jesus, and listen to people who love you and are further along in faith. Often it helps to take a small step and see what happens, rather than turning everything upside down at once.

Question: Is unrest always a sign that something is not from God?
Answer: No. Sometimes you feel unrest because something is exciting and new, while it is still from God. Sometimes unrest comes from old fear. Try to discern: is it unrest about the step itself, or are you simply afraid? Take time for it, pray about it and discuss it with someone who knows you well.

Question: How can I have peace when I am worried about my children, my work or my health?
Answer: Worries are part of life. Jesus does not ask you to pretend they are not there. He invites you to bring them to Him, again and again. Peace is not that everything is solved. It is knowing that He is there, and that He can carry your worries better than you can.

At whispermagazine.org you can read true stories of people who heard God speak, learn more about hearing His voice and read our free Whisper magazine.

About (F)Luister Nederland

(F)Luister Nederland is a movement that wants to help believers understand the voice of God and grow in it. We believe that God still speaks today and that His children can learn to recognize, understand and obey His voice.

Our mission

We want to equip and encourage people to walk in relationship with Jesus in their daily lives, led by the Holy Spirit. It is our desire that more and more followers of Jesus learn to listen to His whisper and take bold steps in response.

Our vision

We see a church and a society in which God's voice is central once again. Where believers do not only listen to sermons or opinions, but live out of an intimate relationship with their Father in heaven. A generation that understands God's voice and, as a result, makes a difference in their surroundings.

Together we learn to understand His voice

There is more

This booklet is a nudge in the right direction. Do you want to go further? Whisper has more to help you on your way.

Whisper magazine
Our free magazine, to read online. **whispermagazine.org/magazine.html**

Seliah, our app
Our free app, for on the go. **whispermagazine.org/app**

How do you test an impression?
Ten questions to test what you hear. **whispermagazine.org/how-do-you-test.html**

More Nudges
Booklets on other themes. **whispermagazine.org/nudges.html**

Listening together
A guide for your small group. **whispermagazine.org/listening-together.html**

Quiet. I am listening.
A free 30-day reading plan. **whispermagazine.org/magazine.html**

The Listening Profile
How do you hear God? **whispermagazine.org/listening-profile.html**

True stories
People who heard God speak. **whispermagazine.org/stories.html**

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Short Bible-based answers. **whispermagazine.org/questions.html**

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Peace

Listening to Him. Rest in the middle of the storm.

God speaks. Every day. Not only to prophets or spiritual leaders, but to each one of us. The problem is not that He is silent, but that we often do not tune in properly.

In this book, Wim Kamphorst takes you on a journey to learn to recognize, understand and obey the voice of God. You will discover:

- how the peace of Jesus is different from the peace of the world;
- how peace and unrest can help you recognize God's voice;
- five nudges to live from His peace.

Wim Kamphorst has known periods of unrest and even panic. Precisely there he discovered that God's peace is often His clearest voice.

With personal testimonies, clear Bible passages and practical examples, this book makes clear that living from the peace of Jesus is something that is close to God's heart.

God speaks.
Where do you need His peace?

