

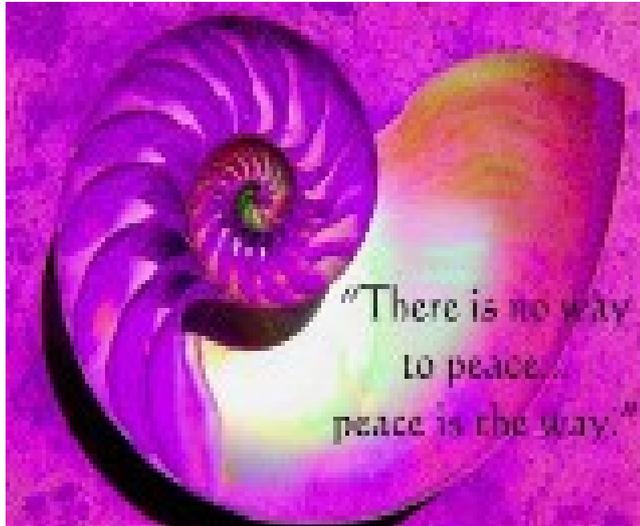
## Lack of Peace Of Mind: The Root Cause

Written by admin

Thursday, 21 June 2012 05:24 - Last Updated Tuesday, 07 August 2012 08:55

---

by Ngozi Nwoke



***Peace has eluded many people today. Some of them have done all manner of things in attempts to find peace to no avail. Many solutions are available but are only temporary. You cannot find lasting solution to no peace without identifying the root cause of it. This article states the main cause of lack of peace in nations or people's lives.***

*The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams Psalm 23:1-2 (NLT)*

*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*

*"Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted. Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?" Matthew 14:29-31 (NLT, emphasis mine)*

When the root cause of a problem identified, is a problem half solved. Having no peace at any time is caused by so many intermediary causes. But no matter the intermediary causes, they all originate from one main cause: Loss of focus on Jesus.

Any moment you cease to look up to Jesus (the prince of peace) for anything, peace will

## Lack of Peace Of Mind: The Root Cause

Written by admin

Thursday, 21 June 2012 05:24 - Last Updated Tuesday, 07 August 2012 08:55

---

disappear from you. When your focus shifts from Jesus, it lands on carnality, fear, anxiety and troubled mind, etc.

Many things like ignorance, disobedience, greed, covetousness, iniquity, etc lead to no peace. But when you analyse them, you will discover that they stem from the fact that the person(s) has departed from God.

You might be a Christian believer, but any time your focus is on problems, your abilities or inabilities, negative news, man, etc, peace will elude you. The Prince of peace cannot share the same boat with doubt, fear, and trust in self or another man. But when your focus is on Jesus, you will enjoy peace even though the storm of life may be raging.

Peter had peace until he shifted his focus from Jesus to the strong wind and waves. And Jesus said, "why did you doubt me?" On the other hand, David acknowledged that when the Lord is his shepherd, he will enjoy peace.

Now, as a Christian believer, any time you sense no peace of mind within you, know that you have shifted your focus from Jesus, from His word concerning an issue. Quickly return to Him and you will have peace again.

For instance, if you are lacking peace in your marriage, check well and you will discover that concerning your marriage you have lost your focus on Jesus and His terms of marriage covenant: primarily unconditional love and submission. Again, if you are anxious and fearful, the root cause is that you have lost your focus on Jesus' ability to take care of you and that situation troubling you.

However, there are people who have never made peace with God; they have never accepted Jesus as their Lord and saviour. Such people will find it difficult to handle no peace because they do not have the Prince of peace within them. The first step is to give your life to Jesus.

In conclusion, so many things can cause no peace but the root cause is loss of focus on Jesus. A return to Jesus will secure peace of mind again. Decide today to focus on Jesus all the time and you will be signing in for everlasting peace even in the midst of the storm of life.

*Ngozi Nwoke is a teacher and a counselor. A product and distributor of love. She has a passion to teach people how to enjoy God's love and fellowship for more fulfilling life. Want more fulfilling life? subscribe for free email updates today. <http://stepswithgod.com>*

Article Source: <http://www.faithwriters.com> - [CHRISTIAN WRITERS](#)