

Appendix A – Free Resources

Here are a few things that you might find helpful:

- For more information and resources about finding peace: <http://calmingthestormwithin.com/peace>.
- If you'd like more information and resources regarding intimacy with God: <http://calmingthestormwithin.com/intimacy>.
- To download my Life Planning Assistant: <http://calmingthestormwithin.com/lifeplanningassistant>.
- To download my free eBook to help you discover your purpose: <http://calmingthestormwithin.com/purpose>.
- For my mom's peanut butter cake recipe: <http://calmingthestormwithin.com/moms-peanut-butter-cake>.
- To receive Jim's monthly 8 page eZine for free: <http://5feet20.com>.

Appendix B – Key Takeaways by Chapter

Chapter 1, The Peace I Want: *Peace is something provided to us by God (which we need to both seek and receive) that enables us to have tranquility, or be OK on the inside, regardless of our circumstances.*

Chapter 2, Embrace the Chaos: *Chaos is a part of life that cannot be avoided. We need to actually embrace the chaos because God allows it for our own good.*

Chapter 3, Peace Stealers: *Peace isn't stolen from us—we choose to give it up when we refuse to give up control or when we take our eyes off Jesus.*

Chapter 4, The Path to Peace: *The concept of inner peace does not have to be a pipe dream. It is possible and it is something God desires for us...and He has given us a path to follow to peace.*

Chapter 5, The Only Way: *God is the God of peace. The only way to the God of peace is through His Son, Jesus.*

Chapter 6, Intimacy: *Intimacy with our Heavenly Father is critical to finding a life filled with peace.*

Chapter 7, Obedience: *If we willfully disobey God, He will not give us the peace which transcends all understanding and we will have to face the natural consequences, which will further hinder our quest for peace.*

Chapter 8, The Counselor: *It is impossible for us to have peace and live the life God has called us to without the help of the Holy Spirit. The Spirit will not do this on His own, but rather will partner with us to bring about this change in our lives.*

Chapter 9, Joy: *We can choose to be joyful in all circumstances and this will help us experience peace.*

Chapter 10, Gentleness: *Being gentle and considerate brings great power and allows us to think more of others than ourselves, which brings peace.*

Chapter 11, Don't Be Anxious: *We can choose to eliminate anxiety and live a life of peace.*

Chapter 12, Prayer: *God wants us talking with Him about everything. When we do this, it brings us peace.*

Chapter 13, God's Word in You: *We must choose to think about what is good and praiseworthy rather than dwelling on the bad, worrisome stuff.*

Chapter 14, Prayerful Planning: *God is the One who controls outcomes, but He also wants us to plan—without a plan we will not experience the peace God has for us.*

Chapter 15, Peace is Yours: *Following Jesus is not the path to an easy life, yet Jesus is the only way to true, God-given peace. He is the most important piece—He is the beginning and the end.*

Appendix C – Common Peace Stealers

Losing Your Job/Financial Security

I was listening to a CD in which an author was explaining the difference between the responses of two people who had recently lost their jobs. The natural human response would be, “Oh no, I just lost my job! What am I going to do now?”

For a faith-filled Christ-follower, recognizing that God is our Provider, not us, this author suggested a different response: “God, this is going to be a great adventure and I can’t wait to see how You’re going to provide for me now!”

Wanting More Stuff

God wants us to have prosperity. He wants us to be promoted to new positions. He wants us to have the best life has to offer. However, He doesn’t want those things to become more important than Him. When that happens, they become our idols (see Exodus 20:3-5).

Wanting more “stuff,” or not being content with what we have, is very peace-zapping. The Apostle Paul gives us a cure for this. While in prison, Paul wrote the book of Philippians, which has been called the “book of joy.” Strange that the book of joy would be written from a prison cell. However, when you read Philippians 4:11b-13 you see why Paul could have that joy and peace regardless of his circumstances:

For I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength. (Emphasis added)

Paul gives the key reason why he is able to be content and it is because of Christ who gives him the strength. So, if you find yourself wanting more and more, ask God to give you the strength and grace to be content where you are.

Feeling Overwhelmed

“Our job is to get Christians to not live in the present. If we can get them to live in the past they will live with regret. If we can get them to live in the future they will live with worry.”

Paraphrase of a quote from Screwtape to Wormwood (both demons working for Satan) in *The Screwtape Letters*, by C. S. Lewis

This one is near and dear to my heart, as I have often felt overwhelmed.

A while back I was really struggling with my task list. It seemed like I was consistently not completing all of the things I wanted to get done each day. I was allowing this to negatively impact my peace level. I felt like the more I didn’t get done today just added to my list tomorrow and I felt like I was in a never-ending cycle of getting further and further behind.

I called a friend and mentor of mine, someone who is well ahead of me in his spiritual walk and I asked, “Al, you have so many more demands on your schedule than I do. (He owns several companies and is traveling all over the world working on some Great Commission endeavors – see Matthew 28:16-20). How do you deal with not getting all your stuff done each day?”

Al chuckled and said, “Jim, God dealt with me on that long ago. I love progress and I love getting stuff done. However, what God showed me was that people and relationships are more important. So now, whenever an employee comes into my office—which happens frequently—I do my best to lay aside whatever I’m doing and instead, focus on that person, even if I’m in the middle of something important.

“I figured that God is bringing this person into my life at this moment for a reason—either for them to speak into my life or for me to speak into theirs. So when I am in one of these conversations, I make it a point to let my employee end the conversation. In other words, I give them the time they need.”

Wow! I was stunned. I thought to myself how often I **don’t** do this in my own life, especially with my own family—“I can’t talk now, I’ve got something really important to get done!”

Al continued, “The way I look at it, if I honor God in this conversation, He’ll take care of what needs to get done on my task list.”

Double wow! I realized that one of my major problems was my lack of faith. I often have more faith in myself to get stuff done than I do in my Heavenly Father. Ouch.

Several weeks later, I was reflecting on my days as a leadership consultant. During these times, I would work at a company maybe for a couple of days per week. I would develop a game plan to help the company wherever I felt they needed help, and I’d go to work on the plan.

I remember one particular client that I worked with for almost two years. The owner of the business had built an impressive company but was no longer actively involved in the day-to-day operations. Regardless, she still liked to maintain control. So, my schedule got disrupted by things that I didn’t necessarily see as very important, but my client, the owner, did.

When she would call with a new project, I would simply adjust my schedule, move tasks to future days, and then not think of them again. I wouldn’t get stressed about it at all, because my client was paying me and if she wanted me doing something else, I would do as she requested.

It was during this time of reflection that it hit me. Why can’t I have this same mentality with my schedule now? Why can’t I have a “consultant’s mentality” in what I do now?

This might sound silly, but here’s what I did. I designed a certificate of title on my computer. For each of my businesses, I created a title, which says, “This certifies that the owner of _____ is God. This further certifies that Jim Lange will be taking the role of Consultant unto God.” I then signed, dated and placed all of the certificates on top of my bookshelf as a constant reminder.

Psalm 127:2 says:

It is vain for you to rise early, come home late, and work so hard for your food.
Yes, he can provide for those whom he loves even when they sleep. (NET version)

So, for me, keeping this thought at the front of my mind is important:

God is my Provider and He can provide for me, even when I sleep!

Doing too much

Often, feeling overwhelmed is simply because we are choosing to do more than God has for us to do. In her book, *Having a Mary Heart in a Martha World*, Joanna Weaver wrote this story about a man who encountered God in the valley where he lived:

“How are you this morning?” God asked the fellow.

“I’m fine, thank you,” the man replied. “Is there anything I can do for you today?”

“Yes there is,” God said. “I have a wagon with three stones in it, and I need someone to pull it up the hill for me. Are you willing?”

“Yes, I’d love to do something for you. Those stones don’t look very heavy, and the wagon’s in good shape. I’d be happy to do that. Where would you like me to take it?”

God gave the man specific instructions, sketching a map in the dust at the side of the road. “Go through the woods and up the road that winds up the side of the hill. Once you get to the top, just leave the wagon there. Thank you for your willingness to help me today.”

“No problem!” the man replied and set off cheerfully. The wagon pulled a bit behind him, but the burden was an easy one. He began to whistle as he walked quickly through the forest. The sun peeked through the trees and warmed his back. *What a joy to be able to help the Lord*, he thought, enjoying the beautiful day.

Just around the third bend, he walked into a small village. People smiled and greeted him. Then, at the last house, a man stopped him and asked, “How are you this morning? What a nice wagon you have. Where are you off to?”

“Well, God gave me a job this morning. I’m delivering these three stones to the top of the hill.”

“My goodness! Can you believe it? I was just praying this morning about how I was going to get this rock I have up to the top of the mountain,” the man told him with great excitement. “You don’t suppose you could take it up there for me? It would be such an answer to prayer.”

The man with the wagon smiled and said, “Of course. I don’t suppose God would mind. Just put it behind the other three stones.” Then he set off with the three stones and a rock rolling behind him.

The wagon seemed a bit heavier. He could feel the jolt of each bump, and the wagon seemed to pull to one side a bit. The man stopped to adjust the load as he sang a hymn of praise, pleased to be helping out a brother as he served God. Then he set off again and soon reached another small village at the side of the road. A good friend lived there and offered him a glass of cider.

“You’re going to the top of the hill?” his oldest friend asked.

“Yes! I am so excited. Can you imagine, God gave me something to do!”

“Hey!” said his friend. “I need this bag of pebbles taken up. I’ve been so worried that it might not get taken care of since I haven’t any time to do it myself. But you could fit it in right between the three stones here in the middle.” With that, he placed his burden in the wagon.

“Shouldn’t be a problem,” the man said. “I think I can handle it.” He finished the cider, then stood up and brushed his hands on his overalls before gripping the handle on the wagon. He waved good-bye and began to pull the wagon back onto the road.

The wagon was definitely tugging on his arm now, but it wasn’t uncomfortable. As he started up the incline, he began to feel the weight of the three stones, the rock, and the pebbles. Still, it felt good to help a friend. Surely God would be proud of how energetic and helpful he’d been.

One little stop followed another, and the wagon grew fuller and fuller. The sun was hot above the man pulling it, and his shoulders ached with the strain. The songs of praise and thanksgiving that had filled his heart had long since left his lips as resentment began to build inside. Surely this wasn’t what he had signed up for that morning. God had given him a burden heavier than he could bear.

The wagon felt huge and awkward as it lumbered and swayed over the ruts in the road. Frustrated, the man was beginning to have visions of giving up and letting the wagon roll backward. God was playing a cruel game with him. The wagon lurched, and the load of obligations collided with the back of his legs, leaving bruises. “This is it!” he fumed. “God can’t expect me to haul this all the way up the mountain.”

“Oh God,” he wailed. “This is too hard for me! I thought you were behind this trip, but I am overcome by the heaviness of it. You’ll have to get someone else to do it. I’m just not strong enough.”

As he prayed, God came to his side. “Sounds like you’re having a hard time. What’s the problem?”

“You gave me a job that is too hard for me,” the man sobbed. “I’m just not up to it!” God walked over to where the wagon was braced with stone. “What is this?” He held up the bag of pebbles.

“That belongs to John, my good friend. He didn’t have time to bring it up himself. I thought I would help.”

“And this?” God tumbled two pieces of shale over the side of the wagon as the man tried to explain.

God continued to unload the wagon, removing both light and heavy items. They dropped to the ground, the dust swirling up around them. The man who had hoped to help God drew silent. “If you will be content to let others take their own burdens,” God told him, “I will help you with your task.”

“But I promised I would help! I can’t leave these things lying here.”

“Let others shoulder their own belongings,” God said gently. “I know you were trying to help, but when you are weighted down with all these cares, you cannot do what I have asked of you.”

The man jumped to his feet, suddenly realizing the freedom God was offering. “You mean I only have to take the three stones after all?” he asked.

“That is what I asked you to do.” God smiled. “My yoke is easy, and my burden is light. I will never ask you to carry more than you can bear.”

“I can do that!” said the man, grinning from ear to ear. He grabbed the wagon handle and set off once again, leaving the rest of the burdens beside the road. The wagon still lurched and jolted slightly, but he hardly noticed.

A new song filled his lips, and he noticed a fragrant breeze wafting over the path. With great joy he reached the top of the hill. It had been a wonderful day, for he had done what the Lord had asked.

Can you, like me, relate to this man’s journey? Maybe it’s time for you, too, to leave the rest of your burdens by the side of the road.

Unforgiving Others

Forgiving others is commanded of us by Jesus. In fact, He shared with us that the consequence of not doing so is quite severe:

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” (Matthew 6:14-15)

Did you catch that? This is perhaps one of the scariest verses in the Bible. If we do not forgive, we will not be forgiven. Yikes.

In addition to hurting ourselves eternally, when we choose to hang on to unforgiveness we also hurt ourselves in the present. Typically we don’t forgive because we want to hurt the other person and we don’t want to let them off the hook. However, in many cases, the other person doesn’t even know what we’re feeling inside. I’ve heard it said that not forgiving someone is like drinking poison and hoping the other person will die. That is so true. These bitter, unforgiving feelings are like a poison in our bodies, which can lead to physical health problems as well as emotional and spiritual issues. Forgiveness doesn’t make the other person right but it does set us free!

Think of the story of Joseph (see Genesis 37-50). His jealous brothers sell Joseph into slavery. His life only gets worse and he finds himself in prison for over 13 years after being falsely accused of a crime. He could have been thinking of revenge for his brothers who started this downhill spiral in his life. But Joseph didn’t do this. In fact, he looked on the positive and did his best wherever he was. As a result, God blessed him and Joseph rose to a leadership position, even while in prison. After many years, he was promoted to the second in command of all of Egypt and was able to oversee a food storage plan that saved millions of lives.

Joseph was eventually re-acquainted with his brothers and had a chance for revenge. Yet instead, he forgave them. "And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you." (Genesis 45:5) Had Joseph not had a forgiving heart, I believe he would have missed the blessings God had in store for him. I also know he would not have had much peace.

Poor Health

I have a great friend who is one of the godliest men I know. He is in his 70s and is filled with godly wisdom. I really got to know Buck well through a couples' Bible study. Though he and his wife have moved south, we still keep in touch and he still imparts nuggets of wisdom to me over the phone.

Several years ago, Buck was diagnosed with Parkinson's disease. When asked how he was doing, a shaky Buck would respond with a bright smile, "Shake, rattle and rolling away!" It seemed he always had a great comeback which would make each of us smile. Even while I was trying to encourage and minister to him, it seemed like I was always the one who got blessed.

One time, when asked for his prayer requests, Buck had this to share, "Please don't pray for me to be healed of this Parkinson's. Pray that I would develop the proper response to it so that others may see Christ through me."

Incredible! And I know that Buck meant every word of that. All he wanted was to be a witness of God's power in his life. From my vantage point, he is succeeding at that!

This also brings me to another great point regarding tough circumstances in life. Because of his condition, do you think Buck will be able to minister to others with Parkinson's or other illnesses? Absolutely. Better than most others could because he knows exactly what they are going through. God never wastes a hurt and He is going to use whatever tough circumstances you are going through for His glory. This often means that you will be in a position to be able to help someone who is going through something similar.

As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly. (Philippians 1:13-14)

Trying to Keep Something Hidden

A number of years ago, I attended an industry trade show for one of my consulting clients to support a distributor of ours. They were trying to break into a new market with their product line and wanted to introduce it at the show. At first, I felt very overwhelmed because I felt like I knew absolutely nothing about this industry. I truly felt like a fish out of water.

I believed I needed to pretend I knew more than I did. I guess I didn't want to show our competitors who were at the show or my distributor how inexperienced I was in this market. Though I had not dealt in this industry before and it would be expected that I not know anything, I still tried to hide my lack of knowledge.

Finally, I mentioned that I felt this way to my distributor. You know what? He knew I was new to this area and wasn't expecting anything more from me in terms of knowledge. He actually wanted to help

me learn. So it would have been much more productive and less taxing on me if I would have just opened up about my lack of knowledge at the opening of the show and not tried to keep it hidden.

Pride. A nasty thing that often keeps me from experiencing peace.

I think all of us struggle with this to some degree. We wear masks to hide who we really are. Many times this is done because we feel that if someone knew the “real” us, they wouldn’t like us. So we put on a front to show others that we have it all together or that we are better than we really are so that they might approve of us.

Years ago, my entire life was filled with experiences like this. I was very concerned about my image and how people perceived me. I wanted them to think that I had it all figured out. I certainly didn’t want them to know of any issues I had or was dealing with. Very sad, but true.

About ten years ago, I joined a men’s group through my church. I was extremely nervous about this. At the beginning of my first meeting, I was very intimidated and afraid to share anything.

There were six or seven of us and we were going through *The Purpose Driven Life*, a book by Rick Warren. We met from 6:15 to 7:30 every Tuesday morning and we began by spending about a half hour discussing a chapter from the book.

In the end, the best part of the morning was when we shared what was on our hearts—our successes, our struggles and our prayer requests. It was explained to me that nothing discussed would go any further than the group.

As our time together progressed, I heard guys share some pretty intimate things and I thought, *Whoa, this is getting pretty deep!* Then I thought, *This is also very refreshing!*

Though I had vowed to myself not to share anything at that first meeting, I ended up pouring out my heart and sharing my biggest areas of concern and my fears. It was an amazing experience.

I remember driving away feeling as if the weight of the world had been lifted off my shoulders. I called Connie, my wife, and told her that I didn’t know what I had been doing all my life trying to live without the support of other people. I felt as if I could finally be real. It was so awesome to know people I could totally trust. I knew that these guys had my back (would be there to support me and help me with anything I was going through), weren’t judging me, cared for me and were praying for me.

Because this was so freeing, it hit me how much energy it was taking me to shield my true life from others. It was draining me and I didn’t even know it. It was robbing me of a great deal of peace.

Does this issue resonate with you? Who is in your support network? Who is praying for you? Do you think a study or accountability group would help you in this area?

Is This Like Objection Handling?

I have a background in sales and about 10 years ago I went to a sales conference in which one of the top sales trainers in the world was presenting. He was training on how to overcome objections, which most salespeople are eager to hear about.

Amazingly, he had a comeback for every conceivable objection that a buyer might bring up. On stage, it appeared so simple. It made me say, "This looks easy...I can do this!"

Then when I got in the real world in real sales situations, I found that I couldn't think of the "right" response when the prospect brought up an objection. I was very frustrated.

The reason I bring this up is that there are hundreds, if not thousands, of things that can convince us to give up our peace. It is my belief that having a "magic bullet" for each one is not the answer because, just like in my sales example, it is just not practical to remember all of the "comebacks" for each scenario. That is why we are not going to spend any more time on other specific examples that can rob us of our peace.

I am not discounting that there is value in some of the stories I just shared, because there is. They help to strengthen our faith; at least they do for me.

However, I also realize that these stories have been more helpful to some than others. Many of you are saying something like, "OK, Lange. Sounds good, but you and I both know this is much easier said than done." I totally agree. However, I also know it is easier for some than others. The difference between those who are further down the road in this area and the rest of us is the condition of our hearts.

So rather than being armed with certain weapons based upon the situation, we need to get our hearts right if we are to truly experience the peace that God wants for us.

Appendix D – Prayer Formats

Early on in my Christian walk I was taught a prayer format that I still occasionally use. Before sharing this, however, I want you to understand that prayer is simply conversation with God. I don't want you to get caught up in feeling like you need to follow certain rules in order to communicate with Him. That is just not the case. In other words, this is not the only way to pray. With that being said, I hope this is something that is helpful to you.

Here is an easy acronym to help you, called ACTS.

A = Adoration

C = Confession

T = Thanksgiving

S = Supplication, or asking

Adoration (Who He is - "God You are...")

This is simply telling God how incredible He is. It might look like this: "God, You are so perfect. You are amazing. You are the beginning and the end. You are so awesome! You are Sovereign. You are everything..."

Another thing that can be helpful is to use the alphabet. "God, you are **A**wesome. Lord, you are **B**eautiful. God, you are **C**ompassionate. Lord, you are **D**elightful. God, you are **E**verything..."

I have found that when I spend time doing this, it lifts my spirits no matter what mood I'm in.

Confession (Who I am - "God I am..., I have... Please forgive me for...")

This is going to God and getting real and telling Him what you have done that needs His forgiveness. Examples: "Lord, please forgive me for snapping at my wife. I am so sorry for my prideful comment to Larry—please forgive me and change me in this area."

Whatever it is, go to Him with it. He wants to forgive you. And by the way, He already knows it all so you will not surprise Him with any of it; you might as well be real.

Thanksgiving ("God, thank You for...")

Tell God what you are thankful for, even the little things. This, too, can be a great attitude adjustment for you. It might look like this, "Father, thank you for my family. Thank you for my church. Thank you for the ability to walk, breathe, communicate, etc..."

Supplication ("God, I ask You for...")

Supplication is really just a fancy word for asking or petitioning God. So ask away. Whatever is on your heart, ask Him for it. He will always answer you. It might not be the answer you want, but it will **always** be the answer that is in your best interest.

God answers prayers in the following ways:

1. **No** – God is more interested in our heart than in our circumstances, so answering “no” is His way of doing what is best for us;
2. **Slow** – The timing might not be right yet. God’s timing is always perfect;
3. **Grow** – He might need us to grow before we get what we are asking for;
4. **Go** – He gives us the green light and makes it happen.

What Would Jesus Say?

Before you think that this sort of thing is not Biblical, I would like to share with you again the words of Jesus (known as the Lord’s Prayer):

“This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

(Matthew 6:9-13)

Jesus modeled prayer for us. As mentioned earlier, He did not do this so we can pray a rote prayer at a wedding. No, He showed the components of prayer because God loves it.

Let’s look at how the Lord’s Prayer lines up with ACTS.

Adoration – “Our Father in Heaven, hallowed be your name.”

Confession – “Forgive us our debts, as we have forgiven our debtors.”

Thanksgiving – While not mentioned directly by Jesus in the Lord’s Prayer, thanksgiving is mentioned as an important component of prayer in Philippians 4:6. We are told to pray, but to do so with thanksgiving.

Supplication – “Give us today our daily bread. And lead us not into temptation, but deliver us from the evil one.”

Something that is very important in the words of Jesus is the phrase, “Your kingdom come, your will be done on earth as it is in heaven.” This means that Jesus is praying for God’s will, not His own. Remember in Chapter 12 when we saw how Elijah modeled this in 1 Kings 18? He listened for God (“What’s on Your heart LORD?”) and then he prayed for that. Jesus did the same thing. And we should, too!

Again, I want to say that ACTS is not the only model to use for prayer. It is simply something that might be of help to you. Please do not get caught up in it—choose to use it or not, it doesn’t matter. If you are just beginning in your prayer life I want to encourage you to simply talk with God. You don’t need to use sophisticated or “spiritual” words. Just talk with Him like you would a good friend...because He *is* a good Friend! And He will hear you and He will speak to you!

Appendix E – The House of Peace

Here is a picture of the House of Peace that God gave me to get me started on this book. As I mentioned earlier, through another encounter I had with Him, I removed this from the book; however, it might still be helpful for you in walking through Philippians 4:4-9.

The bottom section is the foundation upon which the house is built. Then the walls (PEACE) and insulation (seek righteousness and prayerful planning) above that.

