

WEEKLY BIBLE STUDY NOTES

Grace and Peace be multiplied to you in the knowledge of God and of Jesus our Lord;... 2 Peter 1:2

How to Receive Perfect Peace

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Acts 3:19 "Therefore repent and return, so that your sins may be wiped away, in order that *times of refreshing may come from the presence of the Lord*;

The Result:

Refreshed – to restore before the fall. To cool off, and recover one's breath. *It speaks of recovering from going in the wrong direction*

- Today, we may understand it more in computer terms.

Where a refresh can restore operating systems to work properly, fixing glitches, and removing things that can corrupt a computer's performance

Peter shows how we can be refreshed:

- Peter declares that we are refreshed when we experience the presence of the Lord

In order to experience the presence of the Lord there are two things we must do:

Return – turn to

Repent -to change one's mind for better

This is where it gets interesting – What is the presence of the Lord?

Presence: The word Literally means to be *Face to Face*

So biblically- the presence of the Lord means to be *Face to Face with the Lord*

"For David says *of the Lord*, 'I SAW THE LORD ALWAYS IN MY PRESENCE;... Acts 2:25

Presence is seeing God face to face

1 Peter 3:12 "FOR THE EYES OF THE LORD ARE TOWARD THE RIGHTEOUS,..., (that means- THE face OF THE LORD is TOWARD THE RIGHTEOUS) (Peter goes on to say) BUT **THE FACE OF THE LORD** IS AGAINST THOSE WHO DO EVIL."

Exodus 33:11 Thus the LORD used to speak to Moses *face to face*, just as a man speaks to his friend....

Why is this so vital if we are going to enjoy perfect peace?

Because biblically, the word for face, denotes the countenance.

That is, the face by its various movements or expressions, reveals the inner thoughts and feelings of the one whose face you are beholding

How many know that the face is the only part of our body that can speak volumes without even uttering a word, simply by its expressions... (and how these expressions affect us)- Expound...

So, in other words, what Peter was saying in our opening verse in Acts 3:19:

- Is that we are to turn to the face of God, so that we will be refreshed, and our minds will be changed for the better
- For This is what will bring perfect peace into our lives

Isaiah 26:3 ESV -You keep him in perfect peace *whose mind* is stayed on you,...

This term, "whose mind is stayed on you," means, what is framed in the mind of that person.

In other words:

God will keep him in perfect peace- who in that which is framed in their mind about God- is supported by God...

While the Lord was placing this word within my heart He began to speak to me about babies...

How many have ever observed babies who while they are up, or they are sleeping, break out in smiles?

How many have ever watched the faces of babies change their expression for no apparent reason whatsoever?

But there is a reason:

- Scientists view the smiles on babies not just as an expression of joy, but they claim it is a neurological signal of safety

This is what scientists say.

- They state that when an infant's brain processes a gentle voice, or a calm environment, smiling acts as a physiological tool that helps lower their heart rate and reduce stress, and regulate their nervous system.

This is what scientists say.

But what does Jesus say about this?

Matthew 18:10 "See that you do not despise one of these little ones, for I say to you that *their angels in heaven continually see the face of My Father* who is in heaven.

Here is the sad part, as scientists state it:

Around 2 – 4 months, babies often smile or laugh at seemingly nothing because their brains are actively learning to interpret sights, sounds, or internal movements that adults have learned to filter out.

Interesting Moses did not want to go into the promised land unless God's presence went with him:

Exodus 33:14 And (God) said (to Moses), "My presence shall go [with you,] and I will give you rest."

Exodus 33:15 Then (Moses) said to Him, "If Your presence does not go [with us,] do not lead us up from here.

In other words:

Moses thought more about the presence of the Lord than the land flowing with milk and honey...

I end with this:

Numbers 6:22-27 Then the LORD spoke to Moses, saying, **23** "Speak to Aaron and to his sons, saying, 'Thus you shall bless the sons of Israel. You shall say to them:

24 The LORD bless you, and keep you;

25 The LORD make His face shine on you, (*This literally means that the Lord would smile at you*) And be gracious to you;

26 The LORD *lift up His countenance on you*, And give you peace.' (Expound)

27 "So they shall invoke My name on the sons of Israel, *and I [then] will bless them.*"