

“Transformed by the Peace of God”

Lesson by Pastor Bryan Hudson, D.Min.

Taught September 24, 2026 at Jesus House

Residential Program of Jesus Inside Prison Ministry, Indianapolis, Indiana

Central Theme

The condition of our **heart** influences how we think, feel, make decisions, and respond to life. Pastor Hudson's central message is based on **Colossians 3:15**: **“Let the peace of God rule in your hearts.”** God's peace should function like an **umpire**, helping us determine what belongs in our lives and what does not.

1. Matters of the Heart

Pastor Hudson emphasized that what is in our heart eventually affects our words, thoughts, emotions, choices, and behavior. Although the mind is important, lasting transformation begins with what God is doing within us.

Colossians 3 instructs believers to:

Set their minds on things above.

Put away sinful attitudes and behaviors.

Put on kindness, humility, meekness, patience, forgiveness, and love.

Allow the peace of God to rule their hearts.

Let the Word of Christ dwell richly within them.

The Christian life involves both **putting off** old ways and **putting on** Christlike character.

2. Spirit, Soul, and Body

Pastor Hudson explained the person in terms of **spirit, soul, and body**:

Spirit: The part made alive through the new birth and joined to God.

Soul: The mind, will, and emotions—the part that must continually be developed and renewed.

Body: The physical part through which we interact with the world.

The new birth begins in the spirit, but believers still need the **renewing of their minds** and transformation of their soul.

3. “Let Peace Be Your Umpire”

The word translated **“rule”** in Colossians 3:15 carries the idea of an umpire making a decision.

Just as a baseball umpire determines whether a pitch is a ball or a strike, **God's peace can help us discern what we should accept, reject, pursue, or avoid.**

Instead of allowing emotions or past experiences to make our decisions, we should allow God's peace to make the call.

4. What Can Compete with God's Peace?

Several things can attempt to govern our hearts: Hurt, Betrayal, Trauma, Disappointment, Envy, Unforgiveness, Bitterness, Resentment, Entitlement, Fear, Negative mindsets

These experiences may be real, but they should not become the authority directing our lives. **Peace—not pain, resentment, or emotional reactions—should make the call.**

5. What Is the Peace of God?

God's peace is more than simply feeling calm or having no problems. It involves **wholeness, reconciliation, well-being, stability, and being settled under God's authority.**

Jesus promised:

“Peace I leave with you, My peace I give you; not as the world gives do I give you.” — **John 14:27**

The peace Jesus gives is not dependent upon circumstances. Circumstances can change, but the believer can remain grounded in what Christ has done.

6. Peace Requires Cooperation

God provides His peace, but believers must **yield to it.**

“Let the peace of God rule” is a call to cooperate with God rather than allowing every thought, emotion, offense, or circumstance to control us.

Prayer, worship, Scripture, and time with God help us recognize and respond to His peace.

7. Practical Application

Pastor Hudson encouraged believers to examine everyday decisions by asking:

“Is this helping me walk in the peace of God?”

This can apply to:

- Relationships
- Entertainment and media
- Decisions
- Conversations
- Habits
- Environments
- Responses to conflict

Sometimes peace may lead us to establish boundaries or create distance from situations or relationships that are not producing healthy spiritual results.

8. The Result of Letting Peace Rule

When God's peace governs the heart, it eventually affects the mind, will, emotions, and words. Instead of reacting from hurt or offense, we become increasingly able to respond from stability, faith, wisdom, and love.

The goal is not a trouble-free life. The goal is a **settled heart in the midst of trouble**.

9. Closing Confession

Pastor Hudson closed the lesson with this confession:

I will allow the peace of God to rule my heart.

Peace will be my umpire. Peace will decide what I do or will not do.

When I'm facing a challenge, I won't try to reason my way around it without the help of the Holy Spirit and Scripture. As a matter of the heart, I will go to the heart level to address things I don't fully understand.

God is Spirit, so I must worship and live through Him in spirit and truth.

According to 1 Thessalonians 5:23, I will allow the peace of God to sanctify me completely, so that my whole spirit, soul, and body be preserved blameless at the coming of my Lord Jesus Christ.

I will live according to the order of spirit, soul, body—not the reverse order of body, soul, spirit.

Peace will govern my heart and mind—not mindsets and emotions such as hurt, trauma, disappointment, things not working out as I expected, envy, unforgiveness, bitterness, resentment, and entitlement.

Jesus gives the peace that umpires my life.

I agree with what He said in John 14:27:

“Peace I leave with you. My peace I give you, not as the world gives do I give you.”

Amen.

Key Takeaway

Jesus gives us His peace, and we must allow that peace to govern our hearts.