

The number one killer in the modern world is stress. The physical root cause of many medical conditions today is stress. Stress can produce all kinds of imbalances in your body. It can cause you to age prematurely, give you rashes, cause gastric pains, and even lead to abnormal growths in your body. To put it succinctly, stress kills! Doctors say that certain physical symptoms are “psychosomatic” in nature. That is because these symptoms are brought about by psychological problems such as stress. Stress is not from God. Peace is from Him! That is why Jesus said: “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” (John 14:27) Note that Jesus would not have used the word “peace”. The Greek New Testament renders “peace” as *eirene*, but since Jesus spoke Aramaic-Hebrew, He would have used the word “shalom” - “Shalom I leave with you, My shalom I give to you; not as the world gives do I give to you.”

In the Hebrew vernacular, “shalom” is a very rich and loaded word. There is no English word that can accurately encapsulate the fullness, richness, and power contained in the word “shalom”. Hence, English Bible translators were only able to translate it as “peace”, but while the word “shalom” includes peace, it means so much more. The Brown, Driver & Briggs Hebrew Lexicon gives us a better idea of what Jesus meant when He said: “Shalom I leave with you.” The Hebrew Lexicon describes “shalom” as *completeness, safety, soundness (in body), welfare, health, prosperity, peace, quiet, tranquility, contentment, peace used of human relationships, peace with God especially in our covenant relationship, and peace from war*. What a powerful word! This is the shalom that Jesus has bequeathed you.

Proverbs 14:30 “A heart at peace gives life to the body.”