

Thursday - March 12

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7 (NRSV)

So many persons seek peace in all the wrong places. We learn of increased suicide with our youth. We learn of increased domestic violence. We cry to our Lord, “SOS! Hear our cries of help O Lord.” And Our Lord says, “I have been here all the time, **STOP—PAUSE—BE STILL AND KNOW I AM GOD.**” (Psalm 46) And God’s Peace will be yours. (See Philippians 4:7 above)

Our faith tells us that you, O Lord, have the words of eternal life. We have learned to believe and trust that you are the Christ, the Son of the living God. Because we believe in Jesus we can rest and find peace knowing God is with us. God will never abandon us and we can lie down in green pastures safe in our Father’s arms.

Charles Allen in his book, *The Twenty-Third Psalm, An Interpretation*, says that one of the finest ways to relieve a tension in your life is to picture still water clearly in your mind. Maybe a little lake nestling among some pines. Maybe a tiny, cool spring on some hillside. Maybe a calm sea with gentle, rippling waves. Then after the picture becomes clear, you are to start repeating and believing, “He leadeth me beside the still waters.” Such an experience produces a marvelous surrender and trust that enables one to face the heat of the day confidently, knowing there is refreshing and relaxed power awaiting under the leadership of One wiser than we are.

Jesus leads us beside the still water. Picture God leading you beside the still peaceful water. Let us be still and rest, trusting God with everything that is on our hearts this day.

It has been so special to hear persons tell me how they found and/or felt the peace of God as they read the “Peace” chapter in my book, “Intertwined with Jesus.” May our Lord bring you God’s Peace that passes all understanding.

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Prayer: O Lord, be our shepherd and bring us Your peace that passes all understanding. Help us to seek Your peace each day as we come before Your presence trusting in Your care, guidance, discernment and love. In Jesus’ name we pray. Amen.

