

Peace and quiet, something we all desire. Moments when the noises of the world are silent, and the demands of people are met. A time of reflection and rest, drinking a cup of coffee while reading a good book or listening to your favorite style of music. Watching and listening to the waves crashing in as they bring fragments of seashells and foam onto the shore.

I have found peace not to be a time without conflict or trouble or sorrow, but a time to build my understanding of my Creator. This relationship with Him, desired by God Himself as He provides true rest and ultimately peace. His Son brought this peace, given to all that seek Him.

The following scriptures provide us a vision of what God's peace looks like. In the midst of trials and trauma, His peace is already there. We live in His peace 24/7; it is always available. What an exciting realization this is! His peace in us, holding a newborn or experiencing the last touches of a loved one passing. Heavenly peace is there in our heart and soul. In the middle of the storm, a cleft in the rock has been carved out for our protection. We can't always stay in the cleft, but must come out among the people and be the peace of God to a troubled world.

We, as believers, live in the peace promised by our Heavenly Father no matter what the world throws at us. In the following verses we will find Jesus's path for us to find true peace:

Colossians 3:15-17

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Godly peace comes when we concentrate on the truth from God that dwells in our hearts instead of on what the world tells us. This is why we need to daily be in the Word! We may bring to the forefront the best of who we are in the sight of God when we are grateful of heart. Singing praise to God and allowing the Spirit to join us there brings our soul in line with our Heavenly Father.

Philippians 4:4-7

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I find in the midst of my darkest days, and in my most happiest of days, Jesus is there. He speaks the words of the Father to me, words of love meant just for me. I would like to encourage each of us to rejoice in the Lord when it seems the hardest. Find things to be thankful for. At that moment we will find a living peace, an eternal peace, Jesus's peace.

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

This holy peace may elude us for a while because we are so distracted with the world and its demands. When we learn to control what we think about and to concentrate on Kingdom thoughts, our heart softens and then our emotions get in line. This is purposefully realigning ourselves with the will of God. Like Jesus, put yourself in the garden and submit your will to the Father's will.

As we draw together each week for worship and fellowship, we are renewed and equipped to share God's truth and eternal peace to everyone God puts in our lives.

John 14:25-27

²⁵ "All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Jesus reminds His disciples to remember the lessons and miracles they have witnessed as they walked the very path He walked. We too are reminded to

recall and share what God has done in our lives, and to reflect on the lessons God gave us from people in the Bible. These stories we learned in Sunday school that we continue to study. Times of reflection will bring moments of peace as we live our faith day by day.

Continue to search for the blessings of peace promised by Jesus!

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