

Daily Devotional, April 16, 2020 The Peace Which Transcends All Understanding

My heart has been roused the past few days as I have been reflecting on taking hold of a sense of peace and a clear, calm mind. I find that there is much power in keeping my mind as free of distraction as possible, and one that truly holds the peace of Christ.

Yesterday I wanted us all to think about how our Lord is there for us at all times. Think about it, THE GOD OF ALL THE PEACE IN THE WORLD is with us! God is never too busy, God is never distracted by world affairs, by sickness nor disease, nor wars, nor famine, and God stands ready to impart to you *exactly* what you need, most especially God's *peace*! We are the apple of God's eye and it is God's desire that we love Him with all of our hearts.

During this season of disease and turmoil, our minds can be lured into racing ahead, impatient for the conclusion to this self-distancing and confined hibernation. The Lord patiently stands by awaiting our attention to be diverted back to Him with minds and hearts that are not preoccupied by the cares or worries of hand-sanitizing and making certain that our facemask is on tightly enough.

While all of these necessary precautions must be attended to, may our intention be that we are keeping our priorities as the Lord is guiding us, and let us not allow our goals and concerns be guided solely by what the world says we are to do. Many times, during this period of sheltering and isolation we may find ourselves neglecting our proper time with the Lord. Unavoidably, our stressed minds can cloud our focus and we may fail in being sensitive to those around us. Trying to follow all of the intensive safety precautions can often make us anxious and short with one another. A mind that is clear and at peace will make right decisions that proceed from God's wisdom.

Many times, our insensitivity to those around us may proceed from having too much on our minds, and we simply do not think before we act and speak. What is sad too is that many times we may be acting insensitively, and not even realize it. It is in these moments that the words of the Apostle Paul can be of such great support:

Philippians 4:4-7 (NIV) 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."

Over the next week, I am feeling led to hold fast to God's peace more than ever, and then to enjoy the beauty of a heart and mind that is ruled by that peace...that peace that passes all human understanding. I am going to endeavor, and I pray that you will join me in intentionally maintaining our sensitivity in sharing the peace that we receive from God with those around us—as if our lives depended on it. If not our lives, then at least our mental health and the well-being of those we love.

Prayer: Lord we thank You that Your peace can touch our hearts and minds in the midst of whatever is going on around us. We can be anywhere and know that if confusion tries to rob our peace, we can trust that You will make those storms be still in our lives! We praise You and thank You for that wonderful peace, in Jesus Name! Amen.