

DEVOTION FIVE.

Perfect peace

'Whose thoughts are fixed on you!' Isaiah 26:3



The secret to 'perfect peace' lies in this Scripture: 'You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!' It's not your circumstances, but how you think about them that robs you of peace. Focusing on your circumstances just causes more anxiety, because circumstances constantly change and often spin out of your control. However, God never changes, and nothing ever spins out of His control.

Peace and worry are mutually exclusive. Worry throttles your confidence, chokes your perspective, and suffocates your spirit. It robs you of the peace that comes from knowing the God who can handle anything, and through whom all things are possible.



The reason we worry so much is because we engage in exactly the opposite behaviour to that which brings peace. Worry is like a 'no-confidence' vote in God. You may not intend it that way, but every time you give in to worry, in essence, you're saying: 'I don't believe God can or will handle this for me. I'm not sure I can trust Him in this matter, so I'll just have to carry this burden and take care of the problem myself.' God is either the object of your trust or just a part-time helper you call on when you can't handle things on your own. It's reminiscent of the elephant and the mouse that walked over a bridge. When they got to the other side, the mouse said, 'Man, we really shook that bridge!' When you begin to see God as playing the major role and you the minor one, you'll begin to find the peace which has escaped you for so long.



PEACE BE STILL (feat. Lauren Daigle)

<https://www.youtube.com/watch?v=dUpKZzoNm7c>

These lyrics from this bridge couldn't ring truer to the times we are living in.

Focus on this image of Jesus calming the storm whilst listening to a bit of Daigle. Do you know that Jesus is with you in the storm?



Read MARK 4:35-41

When I read this story, it hits me that Jesus is sleeping in the midst of the storm whilst the disciples are blindly panicking as they have no control over the situation! At one point they even accuse Jesus of allowing them to drown without a care in the world. Jesus allows the disciples to experience the storm to know that He is ultimately in control. I love this. It couldn't be truer to our lives right now. Imagine if the disciples knew the outcome of their boat journey and that Jesus would calm the storm? It wouldn't stop it from being a rough time at sea with a few tummy upsets, however the peace that would remain would give them a greater endurance to experience the storm.



Let's give God our worries and the authority to call Peace! Be still. And never forget, that Jesus is with you, he's not distant from your situation.