

Day 9

My PEACE I Give You

START WITH HEART

Lord, as You speak please help me listen with my whole heart and Holy Spirit please meet me today and make me more like Jesus.

John 14:27

“Peace I leave with you, my peace I give you. I do not give as the world gives. Do not let your heart be troubled and do not be afraid.”

As women I think we are often confronted with the very real emotions and feelings of anxiety, fear and worry. These feelings can be caused by many different things: worrying about a spouse, children, finances, security. Just to name a few. This intense emotion can often leave us feeling physically sick and overwhelmed.

These feelings are the complete opposite of peace. God says he did not come to fill us with anxiety and worry, He came and still comes to fill us with peace.

The Bible is full of scriptures about, “do not fear”, “do not be anxious”. It seems to be a very popular theme. There are so many verses on this topic that there is almost one verse for each day of the year. Everyday God reaches out to us and says “do not worry”.

The Bible reminds us that there are many people who have faced various situations, where they were fearful, worried and afraid. The Bible also highlights how God walked with them in every situation and how He wants to give us the same victory in our lives.

In Psalm 56, the psalmist, David, has been captured by the Philistines. One can only imagine how he was feeling anxious and afraid. But David knew God's character. David says, “When I am afraid, I will trust in you”.

Mark 4:35 is the story of Jesus calming the storm. The disciples were feeling fearful and worried. Imagine being on the sea, the boat is rocking back and forth, as the waves get

higher and higher. The claps of thunder instil fear as shards of lightning are falling all around. Guess where Jesus is? He is asleep, He seems totally unconcerned by the circumstances around him. The disciples cry out to him, “Teacher don’t you care if we drown?” Jesus arose and said to the waves, “Be still!”, and he challenged the disciples in their faith and trust in Him.

Jesus calmed the storm in their lives when they turned to Him! Do we turn to Him when we are in a storm? Do we trust Him that He will calm our storms?

Philippians 4:6 is a wonderful scripture. It is almost like a science formula. “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the God of peace which transcends all understanding will guard your hearts and your minds in Christ Jesus.”

When I am anxious [GO TO] I take it to the Lord in prayer. I lay my situation at His feet. I acknowledge and thank Him that He is in control of my life [LEADS TO] He fills me with his peace, not only in my heart but also in my mind [HE FILLS ME].

There is nothing like experiencing the peace that God gives.

JOURNALING QUESTIONS:

1. Do you ever present your requests to the Lord when you are feeling anxious?
2. What areas that are making you feel anxious can you give to the Lord today?

Thank you Lord, that You bring me peace, in my heart and in my mind when I am feeling anxious. I give you all my problems and I trust you that you will take care of every situation that is worrying me. You are a great God and we praise you.

WORSHIP SONG:

The Blessing, by Kari Jobe

<https://www.youtube.com/watch?v=uZ55mDL7dAo>

by Nicole Mattarelli