
He Is Our Peace

Weekly Encouragement from Unfading Beauty

Dear Friend,

I'm 72 years old, and there are still moments when I feel as though I am back in kindergarten when it comes to the things of the Lord.

Some lessons we learn more than once.

Sometimes it feels easier to fight than to stop and deal with what is happening inside our own hearts. It can feel easier to react, defend ourselves, rehearse the offense, or prepare for battle than to step away and ask God to quiet us.

But that is often where the deeper work begins.

There are moments when the real battle is not with the person in front of us.

It is with our own emotions.

Our anger. Our hurt. Our fear. Our need to be understood. Our desire to make things right immediately.

And sometimes the bravest thing we can do is find a quiet place and ask the Lord:

“Help me find the place where I can stand.”

Not a place of denial. Not a place of weakness. But a place of steadiness.

A place where we remember that **He is our peace.**

That does not mean every disagreement disappears. It does not mean the people we love will never disappoint us. It does not mean we will never find ourselves in the middle of trouble.

Jesus told us plainly that in this world we would have trouble. But He also reminded us that our hope is not in a trouble-free life. Our hope is in Him. (*John 16:33*)

The difficult part is remembering that in the heat of the moment.

When emotions rise, we can forget what we know. We can forget to pray. We can forget to ask for wisdom. We can forget that God has already offered us something the situation itself may never be able to give us:

His peace.

And there is a remedy.

We can ask Him.

Sometimes that prayer may be as simple as:

“Lord, I need Your peace right now.”

We may not feel peaceful immediately. The situation may not change immediately. The other person may not change at all.

But God remains faithful.

And until we see Him face to face, there will probably be more difficult moments ahead - sometimes even with people we love dearly.

So this is what I want to remember:

I do not have to manufacture peace.

I do not have to win every battle.

I do not have to respond to everything in the moment.

I can turn to the One who is my peace.

A Scripture to Hold Onto

“For he is our peace...”

- *Ephesians 2:14*

A Brief Prayer

Lord, when our emotions are loud, help us remember You. Quiet our hearts before we speak or react. Give us wisdom, restraint, courage, and grace. Teach us to stand in the peace that comes from You, especially when the trouble is close to home. Thank You that Your promises do not change with our circumstances. Amen.

With love,

Angela

Unfading Beauty
See Beauty Differently
1 Peter 3:3-4

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