

LOOKING IN

THE LORD IS PEACE: YAHWEH SHALOM

THE PRACTICE OF PEACE

PHILIPPIANS 4:6-9

You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you!

Isaiah 26:3 NLT

If Christians should not be anxious for anything, why do so many of us spend our nights lying in bed, body exhausted but mind racing?

The prophet Isaiah noted that God's peace results from keeping our minds focused on the Lord. In the fight to keep our minds focused on Him, the battle plan is found in Philippians 4:6-9.

First, we are to ask for God's help in releasing anxious thoughts as we thankfully acknowledge His grace and mercy. When we do, Yahweh Shalom gives us a peace beyond our understanding that stands guard over our hearts and minds.

Then, to prevent anxious thoughts from returning, God tells us to fill our thoughts with things that are honorable, pure, lovely, and worthy of praise.

Finally, it's not enough to do this once. We need to practice it repeatedly until it becomes a habit. When we do, Yahweh Shalom blesses us with His perfect peace.

Yahweh Shalom, help me release my anxious thoughts to You as I rest in Your care.

How am I allowing fear and worry to control my thoughts and steal my peace?