

Developing Inner Peace

I wanted to have the peace my husband had where he fully trusted God would take care of everything. I knew what Jesus said:

Peace I leave you, My peace I give you; not as the world gives, do I give to you. Do not let your hearts be troubled, nor fearful. John 14:27

But I did let me heart be troubled. I sought ways to be more trusting and relax when things went wrong. Slowly, I found ways that helped.



- Ebenezer Stones



When Samuel celebrated a victory that came from God, in 1 Samuel 7:12, he put a rock at the location as a memorial to remember God remained in control. Ebenezer means ‘stone of help.’ I started listing times God helped me or sent help. I wrote them in a journal, but sometimes wrote one on a stone.

Recalling how God helps us reminds us to trust him again, in any new circumstance. You can even make a little altar os stones with words that reflect answered prayers.

- Samuel was a miracle child when his mother Hannah had not been able to have children. And felt deeply troubled. She went to the temple and prayer. She poured out her heart to God until the priest told her to stop drinking wine as he thought she was drunk. She told him her problem and he prayed for her. She left feeling better. Then God answered her prayer. She first had to give it to God. I have had nights I stayed up praying until God gave me peace. I would stop being concerned about the problem as I let go of it as I prayed.

Pray when you are deeply troubled, and worry encages you. Pray until you can let go and let God take charge.



- My grandmother always told me to stop worrying and count my blessings. I finally tried it. I thought of reasons to thank God and counted blessings in my life. It lifted my spirits to realize all God did for me with a family, home, and so much to be thankful about every day. I also realized if someone caused a problem, like cutting in front of me as I drove, that they may feel upset and I should pray for that driver. Looking outward helps take my mind off me and my difficulties.

Replace worry with gratitude. Name at least three reasons to thank God when you feel anxious.

- One mother found out her children’s school had a bomb scare and worried. She’d always thought of school as a safe place. She wanted to comfort her daughter and asked, “Weren’t you worried?” Her daughter replied, “No. I wanted to take my Bible, but then I remembered I could take God, and I felt fine.”

Every day thank God for His presence to help you recall that no matter what happens you are not alone and have help right with you.

- Any day can seem like an emotional roller coaster. When I had young children a call from the principal or a teacher could turn my day upside down. You'd think they had a life sentence, instead of a childhood problem. A friend of my husband would ask, "Is it really the end of the world or just a good time to teach a lesson?" I'd nod and realize it's best to correct a young child than let such opportunities pass us by.



We can go from happy to angry, frustrated, or sad in an instant. A word, bill, or problem can creep in and rob us of peace unless we are equipped to sidestep it all. Step back to forgive, trust, and regroup. You'll find that helps you be calm within. Sometimes we need to choose a new perspective, discover a new lesson, and realize the world is still turning and God is still with us.

- Most of all, I found abiding peace when I stayed connected with God. Reading the Bible daily whether in the morning, night, or midday, keeps us ground in His love and peace.

