



Imagine being a sailor. The sky is dark and the wind is strong. You want to get your crew safely to shore, but waves rock the boat violently. Water rushes in on all sides. You grip the wheel tightly, trying to keep control. Fear rises - it may not be enough. Suddenly, you spot the lighthouse. Your eyes fix on the light, and your determination grows. You know you will make it.

Hebrews gives us this same charge:

“Fix your eyes on Jesus, the author and perfecter of our faith” (Hebrews 12:2).

Jesus did this perfectly. He often stepped away from the crowds to be alone with the Father. As He went back to ministry, His gaze remained fixed - doing only what He saw His Father doing (John 5:19). As a result, He was so at peace that He slept through a literal storm that threatened His life (Mark 4:38). And He walked toward a painful death with joy, confident of victory (Hebrews 12:2).

Last month, we talked about how rejoicing is hard when our bodies are tired. The same is true when our minds are full of worry. Just as our bodies need rest, our minds need peace.

At the end of His final message to His disciples, Jesus said, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33.)

Jesus offers peace and promises trouble all in the same breath. And both came true. Just hours later, Jesus was arrested and killed. And the trouble didn’t end there. Most of the disciples were persecuted and even killed. Their lives were full of trials. We also have no promise in Scripture that our lives will be easy.

So if we can’t find peace from knowing everything will go well, where do we look for peace?

Earlier in His message, Jesus said, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (John 14:27).

Peace is a gift from Jesus. It comes directly from Him. In fact, it’s a fruit of the Spirit - something that flows out of us when we allow our lives to be filled with Him (Galatians 5:22).

The world promises peace elsewhere and it’s tempting to seek it through money, relationships, work, meditative practices, digital distraction, and even ministry. But these things are, at best, temporary solutions that only cover up our anxieties.

Jesus is the Prince of Peace, the only one who can put our minds fully at rest. Just like the sailor who chooses where to look, we too must fix our eyes on the God who is faithful and who works all things for our good (Romans 8:28).



Reflection

SEPTEMBER

Receiving God's Peace

1. Intentional Thought Life

The following verses indicate that peace often begins in our thought life.

- *Set your minds on things above (Colossians 3:2)*
- *Be transformed by the renewing of your mind (Romans 12:2)*
- *Take every thought captive to make it obedient to Christ (2 Corinthians 10:5)*

Which of these verses stands out most to you? Why?

What practical steps can you take this week to obey these verses?

2. Developing a Steadfast Mind

*"You will keep in perfect peace those whose minds are steadfast, because they trust in you."
(Isaiah 26:3)*

What do you think 'perfect peace' would look and feel like in your daily life?

How does that picture differ from how we usually think about or experience peace?

3. Trusting God in All Areas

Read Matthew 14:25-33.

Peter seems to have great trust in God, but then loses his peace. Similarly, we often have great faith in God in certain areas - maybe in our ministry or in praying for others. But then feel anxious in other areas - maybe our finances or children's well being.

In what areas do you find it easy or hard to trust God?

How can we grow to trust God with the deeper, more vulnerable areas of our lives?

5. Peace Outside of Circumstances

Read Daniel 3:13-18 and Acts 16:23-26 and 2 Chronicles 20:10-13

These stories show true peace, despite circumstances, can look like.

What do you notice about their response to challenges?

How do we grow in peace so that our outward circumstances cannot shake our peace?