

FROM PANIC TO PEACE

“In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.” Psalm 4:8 (NLT)

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” Isaiah 26:3 (ESV)



Have you ever noticed that life seems darker at night? Not just literally, but mentally and spiritually. Your mind and body should be at rest and all is quiet when everything appears before us. PANIC! Now sleep, rest and peace have escaped us and the sun of another day begins to peep through window.

Paul told the church in the Philippians 4:6 *“Don’t worry about anything; instead, pray about everything.”* Easier said than done. The reality for all of us is that we worry and panic which disturbs our peace. Worry is a part of human nature. When sin entered the world emotions like worry and panic did too. As God’s beloved, we are called to be people of faith, not fear. Faith says, “God is in charge. I will trust Him. This circumstance will not get the best of me. God’s got this and me. He knows what is best. He loves me.” Faith always conquers fear.

During these times of pandemic, protest and politics do not panic or fear. God is in control. Though we are practicing social

distancing the love of God is forever near to comfort and cheer. He is always present, “just when we need Him most.” It is a promise of God. His promises of peace overshadow the panic and gives us space for praise. This is what Paul meant when he said, *“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7 (NIV)*

So, when you go to bed tonight, pull the cover up, lay your head on the pillow, gone on to sleep, God’s is in control, everything will be alright. Don’t panic have peace and in the morning give God praise for another day.

Heavenly Father, thank you for watching over me at night and day. Forgive me for the times I panic and worry. Help me to be faithful to You and Your love, not the circumstances of life. Instead of tossing and turning at night, I want to remember to turn to You where I find rest and peace. In Jesus’ Name. Amen