

## I AM ANXIOUS / GOD IS PEACE

Anxiety in a person's heart weighs it down, but a good word cheers it up. (Proverbs 12:25)

"Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful.

You have heard me tell you, 'I am going away and I am coming to you.' If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I.

I have told you now before it happens so that when it does happen you may believe.

I will not talk with you much longer, because the ruler of the world is coming. He has no power over me. (John 14:27-30)

..."Peace be with you!" (John 20:19)

I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world. (John 16:33)

"Peace is available... but it's not achievable.  
You can't earn it... but you can prepare for it."

**I can prepare my heart for God's peace.**

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.  
(Philippians 4:6)

Who among you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him.  
(Matthew 7:9-11)

Although he was crucified in weakness, he now lives by the power of God. We, too, are weak, just as Christ was, but when we deal with you we will be alive with him and will have God's power.  
(2 Corinthians 13:4 NLT)

Reflection Question:

Where in your life do you need the peace that Jesus promises?

Scripture from the CSB unless noted.