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Peace and Calm

By Teresa Hampton

It has been a strange end of spring and beginning of summer, characterized by storms, floods, and tornados. People lost loved ones and possessions. This past week, there were straight-line winds at 70+ miles per hour that took out electricity in over 125,000 homes here. We were out of power for almost twenty hours – a mere inconvenience compared to the earlier tragedies. However, these events, whether catastrophic or minor, remind us of a few important things.

First, God is in control. Even in tribulation, or distress, or persecution, or famine or nakedness, we are more than conquerors through Him who loved us (Romans 8:35, 37). This knowledge gives us comfort – our faith is strengthened and hope is reborn.

Second, nothing on earth lasts forever. It is temporary. The only *important* possession we have is our soul (Matthew 16:26). In view of eternity, we can lose everything, but we must guard the condition of our souls. It determines where we live eternally.

Third, during tumultuous situations, we must look to Jesus. It is only in Him that we find true peace and calm (Philippians 4:7). It is an inner peace that settles our minds. It is calm assurance that only comes from focusing on the Lord and putting our trust in Him.

One evening, Jesus used a stormy event to teach the disciples. *He said to them, let us go across to the other side of the lake. And leaving the crowd, they took him with them...And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion.* The disciples went to the sleeping Savior saying, "Teacher, do you not care that we are perishing?" Despite their weak faith, He rebuked the wind, saying, "Peace! Be still!" *And the wind ceased, and there was a great calm* (Mark 4:35-41). The wind obeyed Him, just as a rebuked child obeys his parent. When life's waves threaten our faith, we must search for Jesus.

Struggles remind us that God is always in control, the soul is our most important possession, and we need to seek Jesus. He is, after all, the only one who can create peace and calm during our personal tempest.

Today's Verse: *In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety* (Psalm 4:8). *You keep him in perfect peace whose mind is stayed on you, because he trusts in you* (Isaiah 26:3).

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