

Unfoldings

An eLetter from Ralph and Jennifer Ennis



OVERWHELMING STRESS

We all have stresses—regardless of age! Ultimately we seek a transcendent peace even if the stresses don't subside.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

To self-generate peace is a difficult task. Sometimes we can calm ourselves down under stress-filled situations through self-talk, deep breathing, vacations, long walks, etc. However, what our souls long for is transcendent peace—peace that can only originate from the One Who is beyond us.

Consider the above image. How might God overwhelm the stresses of your life with His transcendent peace? What would that look like? Feel like?

As we seek to look to God for peace, we often find that our agenda gets in the way of receiving His peace. We want our stresses to be worked out in a way that serves our agenda for our lives—not His agenda of love, humility, mercy and truth. When we resolve this agenda conflict, the transcendent peace of God often is readily available.

As life unfolds for you today, how might the above passage encourage you to walk with God? What longings or decisions might this passage impact? Take time in silence with God to ask Him about His agenda for you today.

Consider sharing this passage and image with a child or friend. How might you invite him or her to experience the transcendent peace of God?