

A Prayer for Peace

Prayer is meant to draw us into the presence of
God. *What could be more peaceful?*
And yet, so often our hearts are busy and anxious
about many things.

It is normal to be anxious.

In fact, it might be fair to say that all humans
experience some level of anxiety.

Thankfully, Scripture is
filled with the honest words of people who
experienced anxious thoughts and brought them
before God.

In Psalm 139:23
David said these words:

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*

David acknowledges that he has anxious
thoughts, but he consciously places himself in the
hands of a loving God, who knows all things.
He then invites God to search out his heart for
anything 'offensive' in his thinking.

Read verses 1 - 16 of Psalm 139,
and consider the following:

God watches over you
God's presence never leaves you
Nothing can hide you from God
God delights in who He created you to be

Read Psalm 131:1

One of the reasons we often struggle with anxiety, is that we *concern* ourselves with things that are beyond our control.

David begins this Psalm by acknowledging his own limitations. There are things only God can handle.

Are there areas of your life that you need to entrust to God?

The health of a loved one?

Worries about the future?

The approval of others?

Read Psalm 131:2

David pictures himself like a weaned child.

**Not *desperate* or *impulsive*,
but *calm* and *peaceful*.**

Notice that David says:

I have calmed and quieted my soul

There is a part we have to play in learning to 'quiet' the noise that anxiety brings to our souls.

Like a child who trusts in their parent's provision, we must actively trust in God's care.

End this time by praying:

"God, help me grow in trusting you.

To see your tender care, as David did.

Please help me give over to your hands the things that are outside my control, and give me the strength and discipline to faithfully carry out the things I need to do that are my responsibility."

