



Peace-giving Promises

Have you ever prayed for God to give you peace in the midst of your problems? In Phillipians 4, Paul tells us that it's possible. First, he reminds us that the Lord is near (v5) and then he instructs us: *Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.* (vv. 6–7 NLT)

Paul tells us that we can get God's heart-guarding peace if we will:

- **Stop worrying**—press the pause button on my consuming concerns.
- **Start praying**—open my mouth and tell God what I need.
- **Keep thanking God**—remind my heart of God's goodness by thanking Him for what He's done.

In verse 7 of the NIV translation, it says, "The peace of God, which *transcends all understanding*, will guard your hearts and your minds in Christ Jesus" (emphasis mine). Honestly, sometimes I wish it said that God's peace would transcend my *need to understand*. I'm pretty sure I could more easily accept what God is doing if He'd help me understand why He's doing it. But God doesn't promise understanding; He promises peace in the midst of not understanding.

He wants to surpass our need to understand with promises that are bigger than our problems. Psalm 55:22 tells us, "Turn your burdens over to the LORD, and he will take care of you" (GW). As you read the peace-giving promises below, turn your burdens over with each word and say them out loud until you believe them:

- "The LORD is my shepherd, I shall not want" (Ps. 23:1 NASB).
- "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust'" (Ps. 91:1–2).
- "Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me" (Ps. 138:7).
- "The LORD will work out his plans for my life—for your faithful love, O LORD, endures forever. Don't abandon me, for you made me" (Ps. 138:8 NLT).

This was taken from Chapter 9 in *A Confident Heart* by Renee Swope. [Purchase your copy today!](#)



Renee Swope's passion is to lead women to live confidently in Christ by showing them how to *rely on* and *live in* the power of God's promises in their everyday lives. For more information about Renee and her ministry, visit www.ReneeSwope.com.

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