

## Wholeness

*Weekly Biblical reflections for looking after our Wellbeing*

### Reflection 10 – Living a Life of Peace

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

John 14 :27

Life seems to be going a breakneck speed, so many things to think about, our minds often race, rarely switching off. Often when our minds are full and we are busy until late into the night, sleep then alludes us and we can feel rather groggy the next day. Sound familiar? We all know the importance of switching off but how do we actually get our brains to rest and feel peaceful?

There are lots of ways to relax. Some ways are designed to relax your mind and some to relax your body. But because of the way the mind and body are connected, many relaxation methods work on both the mind and the body. I'm sure you have ways that help for you, whether it's a run, a long bubble bath or something like journaling. If you find relaxing your mind difficult, the link below gives some excellent ideas, from deep breathing to progressive muscle relaxation to visualisation and much more;

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

The verse above is a wonderful promise, that at times of upheaval, worry and troublesome thoughts we can hold on to. The context of this verse is Jesus talking about his upcoming death, the disciples were troubled by this and he then tells them as he leaves that he will give them peace. They don't need to be troubled or worried that he will no longer physically be with them, he will leave the gift of peace. Then he says, '*I do not give to you as the world gives.*' The world's peace is circumstantial, our peace depends on that happening around us being at peace. Jesus offers us a different kind of peace, one that transcends circumstances, an inner peace. The disciples had seen first-hand this man who had peace, despite the trials he had gone through and he knew were to come, there was an inner peace, and it all came

down to what Jesus did during his life. So, what did he do? Jesus spent time with his Father, even though he was the Son of God, full of the Holy Spirit, Jesus rose early every morning to be with his Father and to pray (Mk 1:35)

In troubling times, when it's hard to allow our minds to rest we too can spend time with the father (it doesn't have to be early in the morning) and find peace, peace that transcends all understanding;

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

Philippians 4:7

### **Questions for Reflection**

- Are there activities that help your mind rest and give you peace that you have recently neglected, and could pick up again?
- Are there times you have felt peace even when circumstances dictate you shouldn't? What gave you that peace?
- Can you carve out regular time to spend with God that will give you peace that *transcends all understanding*?

### **Prayer**

Dear Father, thank you that despite circumstances around us are hearts don't need to be troubled because you have left your peace with us. Help us carve out time to spend with you to help us face each day with peace.

Amen