

Peace, Be Still – Finding Rest in the Midst of the Storm

By Kay Elise Tolman

As the storms of this world have stirred the seas and brought winds of change, our boats are rocking on the violent waters. Many in the Body of Christ feel the tumultuous waves that have unsettled our hearts. As we peer ahead toward the months leading up to the next election in the United States, we can see more storm clouds brewing. The recent assassination attempt on President Donald J. Trump was a wake-up call to us all. In the same way the disciples awakened Jesus and said, “Teacher, do you not care that we are perishing?” We too may feel fearful and anxious. This is a time to call out to our Savior Jesus who arose and rebuked the wind and sea, saying in Mark 4:39, “Peace, be still.”

In large print over my bed are the words “Be still and know that I am God” (Psalm 46:10), reminding me to rest in Him daily, no matter what storms of life come. Learning to be still and to trust God takes practice.

In recent months I have endeavored to practice being still in God’s presence each morning upon waking. I lean back in my favorite chair with a cozy blanket, set my timer for thirty minutes, and close my eyes. My daily quiet time is an opportunity to rest in His presence, bring my prayers and concerns before Him, and just listen. Sometimes He speaks, but most days I simply commune with Him quietly as I give him the first fruits of my day.

What I have discovered is a peace that passes all understanding. It flows effortlessly, like living water throughout my day. Whenever I feel anxious or unsettled, I recall my emotions back to quiet time and remind myself to stay in peace. I cannot control the things happening in the world, but I can certainly pray, and put my faith and trust into action by remaining in His peace.

Jesus said, “*You will hear of wars and revolutions on every side, with more rumors of wars to come. Don’t panic or give in to your fears, for the breaking apart of the world’s systems is destined to happen. But it won’t be the end; it will still be unfolding.*” – Matthew 24:6, The Passion Translation

I love what Jesus said in John 14:27, “*I leave the gift of peace with you – my peace. Don’t yield to fear or be troubled in your hearts – instead, be courageous!*” (The Passion Translation)

No matter the circumstances, remember you are loved with an everlasting love. God knows the number of hairs on your head, and He will never leave you or forsake you. Be at peace in His loving arms and take good care of yourself during this season of storms.

“*Lord, I passionately love you and I’m bonded to you, for now you’ve become my power! You’re as real to me as bedrock beneath my feet, like a castle on a cliff, my forever firm fortress, my mountain of hiding, my pathway of escape, my tower of rescue where none can reach me. My secret strength and shield around me, you are salvation’s ray of brightness shining on the hillside, always the champion of my cause. All I need to do is to call to you, singing to you, the praiseworthy God. When I do, I’m safe and sound in you.*” – Psalm 18:1-3, The Passion Translation