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Kim's Kaleidoscope for Singles

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Your Peace of Mind is Everything

If you haven't been through some things in life, you probably won't know how valuable your peace of mind truly is – until you don't have it. Our time to get quiet with the Lord, our intimate prayer sessions...these are the peaceful times that we have a tendency to take for granted. My mother would say, *"you can't put a price on peace"*. When I was younger, *foot loose and fancy free* as it were, I never really grasped the heft of what she was telling us, but as I've gotten older and gone through some trials and tribulations, those words have added to the fabric that beautifully weaves throughout my life. I strive for—even fight for at times—the right to keep God's peace in my mind.

Often times, when I'm preparing and asking God to lead me in the direction of where He wants me to go in my teachings, He will steer me towards the subject of a conversation I've had or an encounter I've experienced during the week. Well it just so happens that I had the privilege to lend a listening ear to two individuals with similar difficulties. One was a Christian sister that I spoke to recently. There was such despair in her voice. She was weighted down with the pressures of life, compounded by mounting financial burdens, added responsibilities at work, and some family issues that were weighing heavily on her mind. When we spoke she seemed to be at her wits end and didn't see a relief in sight. She told me that she would do anything just to have peace in her life.

I had another conversation with a Christian woman who was feeling a bit down as well. She felt lonely and was disappointed because a man who seemed at first to have all the qualities she was looking for, turned out to be disingenuous. Her desire to partner with a Godly mate continues to elude her, and she had given over her heart to emotions of loneliness.

I can easily sympathize with her, but I wanted so desperately for her to see how much she was taking for granted. She could spend so much of her down-time praying and conversing with God, getting close to Him. Then, when the right person came along, she wouldn't be pressed about what he did or did not do, because she would be so happy in the Lord. She could enjoy spending time with a man without complicating the relationship with all the hang ups of desperation and neediness.

How you spend your time is a clear reflection of what's most important to you. Spending time and energy thinking about what you don't have, or worrying about things you can't control, will rob you of the joy of understanding and appreciating what you DO have –

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and that's time to spend fellowshiping with the Lord. Don't get me wrong, it's absolutely fine to want to spend time with a special someone or a friend that enjoys your company as well – just keep in mind that the abundance of life exists between you and the Father; that is where your heart needs to be.

I'm sure we can all relate to feeling overwhelmed at some point in our lives, but this is why God instructs His people to LEAN ON HIM and not on their own understanding. 1 Peter 5:7(NLT) says "*Give all your worries and cares to God, for he cares about you.*" These words of wisdom in the bible are so valuable, but if we don't put them on in our minds, they won't do us any good. If the Word is not firmly anchored in your heart, if you are not convinced that God truly cares for you, then when troubling circumstances arise you might allow them to steal your joy and peace.

Ephesians 6:15 (NLT) says "*For shoes, put on the peace that comes from the Good News so that you will be fully prepared.*" You have a choice. You don't have to give up your peace just because your circumstances are not optimal. Claim the peace of God. It's our responsibility to guard our minds and hearts, and to put on the peace that comes from knowing the Good News of Jesus Christ. You are responsible for letting the peace of God come into your being.

So many of us have wars raging within because we haven't allowed the love of God to be the governing factor in our lives. You can change this by simply surrendering everything to the Father. Give it all to Him...all of it.

Philippians 4:6,7(NLT) says, "*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.*" We've got to learn to pray about things, release them to God, and then thank Him in advance for working them out. When you can do this, you'll know what it means to truly have peace of mind.

Only the love of God in Jesus Christ can satisfy you and bring you to a place of joy, peace and harmony. Marriage is absolutely wonderful, friendships are great, a good job and financial stability is awesome, but no human being, money, or fame can do you like the Lord. Only His peace can lift you out of the muck and mire of confusion and doubt, and cause you to transcend above your circumstances. Find and take hold of His peace in your life, because nothing else will compare. ●

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