

These are familiar verses. But during Advent, how can one possibly be peaceful and not anxious amidst all the preparations for Christmas? Only so many shopping days before Christmas, supply chain issues, inflation and the list goes on.

Well, fortunately Paul tells us in these verses how to rid ourselves of anxiety. “In everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.”

Paul tells us that we should think about whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. And that by doing this, the peace of God will be with us.

During Advent, take the time to find and be at peace. Whatever works for you – attending worship or other church activities, praying, reading the Bible or other Christmas stories, looking at Christmas lights, reflecting on Christmas traditions and memories. There are so many ways to connect with God and feel his peace.

In the words as written by Warren D. Cornell:

Peace, peace, wonderful peace,
Coming down from the Father above.
Sweep over my spirit forever, I pray
In fathomless billows of love.

I leave you in hopes that you experience God's peace during this season of Advent as we prepare for the birth of God's son, the baby Jesus.

Jill Heck