

A Prayer for Peace

Oh Lord, sometimes my insides feel like a battle zone, where missiles are falling too close to home. Other times I'm caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal my joy. I need your peace—the deep-down-in-your-heart kind that stays with me day and night and speaks confidently into the wind. Calm my anxious spirit, Lord; all the attacking "if-onlys" and "what-ifs" fill me with needless worry.

I know that trust is a big part of experiencing peace and that fear has no place in my life. Most of the things I worry about or dread don't even happen. So I'm declaring my trust in you. I'm releasing the reins of my life again and asking you to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of you, Lord, and less of me.

I surrender and admit: I can't control people, plans, or even all my circumstances, but I *can* yield those things to you, and focus on your goodness. Thank you today for every good gift you've given, every blessing you've sent, all the forgiveness I did not deserve, and, yes, for every trial you've allowed into my life. You bring good out of every circumstance if I'll only let go and believe you. I know that when I pray and give thanks instead of worrying, you have promised that I can experience the kind of peace that passes all understanding. That's your kind of peace, Lord. And it's the kind I crave.

Whenever I'm stressed, anxious, or afraid, help me remember to run to you. You're the only one that can calm my fears and end my fretful behavior. Whether in trivial or heavy matters, I know you will not only give me peace; Lord, you will *be* my peace. And when I draw close to you—in prayer, in reading your Word, in helping another, in taking my mind off myself—you will be there, up close and personal.

I can't handle these times alone, Lord. Will you speak peace and calm my storms, or hold my hand while we walk through them together? Will you bring the reassuring wisdom of those who have come through similar times into my life? Thank you, Lord. I'm trusting you.

In the name of the One who makes the wind and the waves stand still, Amen.