



**Please
Do Not
Disturb**

How often do we finally reach a state of peaceful contentment, and then wish we could hang out a sign that says, “Do not disturb”?

Of course we can't prevent disturbances or stressful situations, but when they come, the Bible says the Lord can give us peace inside. “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3 NKJ). If we turn to Jesus, He will give us peace. If we spend time talking with Him in prayer, reading His Words, even just thinking about Him, the Bible says the reward is peace.

In another place it says, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:6–7 NKJ).

At times it may seem impossible for us to remain peaceful inside. Just coping may be difficult. But Jesus is the Prince of Peace, and He says, “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” (John 14:27 NKJ). So when you feel like hanging a “Do Not Disturb” sign on your forehead, remember He has a special brand of peace—eternal, deep, tangible. And it's available for the asking.

—Chloe West

CONSOLATION

There is never a day so dark and dreary
But God can make it bright.
There is never a night so black and void
But God can send His light.
So take to Him those hopeless things
That are tearing at your life...
The heart that puts its trust in God
Finds help to meet the strife.

—Roxie Lusk Smith

“Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed,’ says the Lord, who has compassion on you” (Isaiah 54:10 NIV).

Submarine navigators tell us that no storms ever reach very deep into the ocean. The water is perfectly calm a hundred feet down, no matter how high the breakers may rise on the surface. There is quiet in the depths that no surface storms can disturb. This is possible, too, in human lives; there can be serenity and peace within, undisturbed by the storms of the world. Jesus is our peace (Ephesians 2:14).

The Antidote—FAITH

By David Brandt Berg

Faith in God and trust in God gives you a feeling of rest of body, peace of mind, contentment of heart, and spiritual well-being.

Faith is knowing that God loves you and cares for you and is going to take care of you, no matter what happens.

You can have peace of mind and simply rest in the Lord, knowing He's going to take care of everything.