

God with Us

Day 26 PEACE THAT TRANSFORMS

Do not be anxious about anything, but in every situation, 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. (Philippians 4:6-7)

It is hard to find a more amazing transformation in nature: a fuzzy, often ugly caterpillar crawls up a leaf or branch and sheds its skin into a cocoon. Inside, the creature changes until it's ready to emerge from the protective chrysalis. When it does, it tears free as a beautiful butterfly, able to dance across the sky in flight.

God's peace is able to bring a powerful transformation in our spirits. When we come to Him through prayer, He changes us inside. No matter what we are anxious or worried about, we can bring our needs and requests to God. As we talk and give Him thanks, God's peace swells within us and guards our emotions. This is a miraculous peace, one that transcends all understanding. It does not make sense given the worry and fear we are facing. It would not naturally exist in the midst of the struggles. But this is God we are dealing with! This is our Prince of Peace, the giver of shalom. Connecting with Him transforms us.

What is causing you worry and anxiety in the Advent season? How can you make prayer part of your daily Advent journey? Why do you think the experience of prayer changes us?