

Friday Reflections

*"You keep him in perfect peace whose mind is stayed on you,
because he trusts in you."*

- Isaiah 26:3

It was one of those days. You know the one. Where nothing seemed to be going right! I was trying to finish a project that had to be completed that afternoon and my day kept getting interrupted the way life does for us all. I became frustrated and anxious, and soon figured I would never finish the task at hand.

Instead of throwing things or fretting any further, I refocused myself and just sat in silence for a few minutes. I opened the Bible and found the above verse from Isaiah. It was perfect timing from a perfect God.

I began to refocus my attention on the Lord and not the problem at hand. As I did, I was flooded with a peace that "passes all understanding." I also learned something that day. There will always be tasks, frets, and frustrations in life. We will worry about things and even feel like giving up.

But if we can learn that in the midst of the storm we can find peace, we can get through anything. When Jesus was in the boat with the disciples on Lake Galilee, they were afraid because of a sudden storm. Jesus rebuked them saying, *"You of little faith."* Then he spoke to the storm and said *"Peace, be still."*

God is always with us in those rocky boat times. He never leaves us and promises that if we will focus on him and not the problem, we can have peace even if we still have a storm to navigate. Next time your boat is getting rocky, look to the Lord and receive his peace.

And by the way, I finished my task with time to spare!

*Father in heaven, thank you that as we focus on You and not the problem,
that you will give us peace that will carry us through the situation. Amen.*

- Dr. Doug Shafer

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