**Daily Encouragement - Sunday 13th December**

"Give me some peace"! A cry from the heart which probably all of us have expressed at some time. Very likely it was a cry from hard pressed parents during the initial lockdown trying to home school children as well as doing their own 'home' work. One of our sons shared with Jean and me recently just how hard he and his wife had found this period. It's quite possible that, amongst all the joy and happiness shared during the Christmas period, 'give me some peace' could well be something that's expressed in countless homes!

Permit me to ask - are we troubled, anxious about something, fearful or full of fear? Then there is help for us in our Father God, and in His Son, the Lord Jesus Christ.

In Philippians 4:6-8, the Apostle Paul puts it like this:

"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 human understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true ... if anything is excellent or praiseworthy - think about such things".

Let's see exactly what Paul is suggesting here:

1. do not have anxiety (fret/worry) about anything. Sometimes easier said than done!

2. bring every situation to the Father in Jesus' name. See Hebrews 4:14-16

3. thank Him that He hears and answers our prayers. See 1 John 5:14/15

4. the peace we have is supernatural, because it comes from God and "passes all human understanding".

5. we pray for the continued "renewing of our minds" (Romans 12:2) so that we "will be able to test and approve what God's will is".

I'm reminded of these words:

'When peace like a river attendeth my way, when sorrows like sea billows roll, whatever my lot, You have taught me to say it is well, it is well with my soul'.

*Prayer*

*Heavenly Father, in those times when I feel troubled or afraid, help me to trust in Your Word and in Your wonderful promise that You 'will never leave me nor forsake me'. Thank You Lord. AMEN.*

*May the Lord bless and keep us in His love and care. May His favour rest upon us and bring us His peace.*

John Berridge

