

*In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And **the peace of God, which surpasses all understanding**, will **guard your hearts** and your **thoughts** in Christ Jesus.* (Philippians 4:6-7)

As I marinate in the presence of my heavenly Father this morning (last Friday), I observe inside my head some of the turbulence or dissonance that indicates something beneath the surface needing to be healed more thoroughly. It reminds me of turbulent waters bumping up over hidden boulders in white water rapids that present hazards to those floating on the surface.

God has been leading me to be more aware of subtle indicators that alert me to the condition of my spirit, nuances and body feelings that when properly appreciated serve to help me understand what is transpiring under the surface needing attention. Now rather than experiencing these messages as condemnation or shame to be repressed, as my appreciation of the kindness and gentleness of God increases, I am finding it easier to bring these things into the open where they can be examined and exposed to the truth that Jesus brings to my attention. This is a new way of thinking and living, a new approach to dealing with sin residue, the way of peace that goes so far beyond what was normal in my past that it can feel almost suspicious. Yet now it can be met with calm assurance because the God of peace dwells inside of me and never uses reproach to deal with my faults.

As I chose to listen and synchronize with the Spirit's prompting to follow the chain of connections connecting the dots together from Scripture, I felt the effects of this peace settle deeper into my spirit and anchor me in the sure word that is able to save my soul and heal my mind.

*So, then, **my beloved** brothers, let every man be **swift to hear, slow to speak, and slow to anger**; for the anger of man doesn't produce the righteousness of God. Therefore, **putting away** all filthiness and overflowing of wickedness, **receive** with humility the **implanted word**, which is **able to save your souls**.* (James 1:19-21)

In the past I might have read something like this list of verses and felt turned off, feeling they were just so many clichés, but now the release life and inspire courage and empower my spirit.

*You will **keep him in perfect peace**, Whose mind is **stayed on You**, Because **he trusts in You**.* (Isaiah 26:3 NKJV)

***Oh that you had listened** to my commandments! **then had your peace been as a river**, and your righteousness as the waves of the sea:* (Isaiah 48:18)

***I create the fruit of the lips: Peace, peace, to him who is far off and to him who is near**, says Yahweh; and **I will heal him**.* (Isaiah 57:19)

***Peace I leave with you. My peace I give to you**; not as the world gives, give I to you. **Don't let your heart be troubled**, neither let it be **fearful**.* (John 14:27)

***I have told you these things, that in me you may have peace**. In the world you have oppression; but **cheer up! I have overcome the world**.* (John 16:33)

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms, hymns, and spiritual songs, singing with grace in your heart to the Lord. Whatever you do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father, through him. (Colossians 3:15-17)

This one alerted me to another chain of passages that God reminds me of frequently, that **thankfulness** is a **central element** of living in the lives of those who live **according to the Spirit** and not the flesh.

See that no one returns evil for evil to anyone, but always follow after that which is good, for one another, and for all. Rejoice always. Pray without ceasing. In everything give thanks, for this is the will of God in Christ Jesus toward you. (1 Thessalonians 5:15-18)

Now may the God of peace, who brought again from the dead the great shepherd of the sheep with the blood of an eternal covenant, our Lord Jesus, make you complete in every good work to do his will, working in you that which is well pleasing in his sight, through Jesus Christ, to whom be the glory forever and ever. Amen. (Hebrews 13:20-21)

So then, my beloved, even as you have always obeyed, not only in my presence, but now much more in my absence, work out your own salvation with fear and trembling. For it is God who works in you both to will and to work, for his good pleasure. Do all things without murmurings and disputes, that you may become blameless and harmless, children of God without blemish in the midst of a crooked and perverse generation, among whom you are seen as lights in the world, holding up the word of life.... (Philippians 2:12-16)

When I circled back to the first passage after following all these connections to see how its context might enlighten me even more, I realized that the very next verses spell out the practical way I can apply all this to me at any time.

Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things. The things which you learned, received, heard, and saw in me: do these things, and the God of peace will be with you. (Philippians 4:8-9)

Update on Sabbath morning:

Last night on internet church I listened as more and more people talked about this very topic God had brought to my attention just hours before. Now I'm getting used to God bringing things to my attention from multiple directions and clusters like this, so it alerts me to pay close attention so as to absorb what Spirit wants to instill in my heart. I appreciate this, but sometimes it also involves real-time wrestling to implant what I am receiving. During that gathering this was happening in real time for me as old patterns of thinking and feelings were stirring up bringing confusion and resistance into my body. I felt agitated emotions I couldn't clearly explain, yet I realized I needed to allow them access to surface so the truth pouring over me could both expose and bring healing to hidden resentments and seeds of bitterness needing to be dealt with more thoroughly.

I thank God for His word and for His presence dwelling in me to both will and work out His glory. I

was even led to use this for my notes for what I shared with my local Sabbath fellowship in our worship study together and observe how the Spirit used it to bless others besides. It even ended up fitting neatly into the continued series we have been exploring titled The Implanted Word based on this passage that Spirit keeps using to challenge me to be more open to Spirit's work in my life.

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***Great peace have they which love thy law: and nothing shall offend them.** (Psalms 119:165 KJV)*