



In doing life on life's terms, internal peace many times can seem so unattainable. There are so many things that life throws at us, not to mention the many distractions that we use to simulate the likeness of peace through the use of technology, TV, social media, as well as, other forms of media that we use to keep us from focusing on us and where we are really at in our lives; thus, allowing us to ignore our stuff in our lives, including God.

\*\*\*

Jesus said, *"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. (John 14:27 NLT)"*

Here Jesus has given us this free gift and yet we struggle to grasp it. We allow our stress levels to go through the roof, and we try to fix, manage, and control it with the stuff of this world. That's why Jesus said that He gives a gift the world cannot give. More money cannot fix it. A bigger and better apartment or house cannot fix it. A new car cannot fix it. A better job cannot fix it. In other words, money, power, and prestige cannot fix a spiritual problem. Only an inside job can fix that. It is through this free gift that Jesus provides, that a healing can begin by

letting Him to enter our hearts and begin to align it with His.

\*\*\*

Imagine having life on life's terms coming at you hard. Now imagine, you, yes you, find yourself experiencing a calming effect. This is what experiencing the expression "let go and let God".

The apostle Paul spoke to the people of Philippi, *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus" (Philippians 4:6-7 NLT).*

Life on life's terms is always going to happen, and Paul told the Philippians not to worry. Through prayer they have a God bigger than the problem. They just had to bring the problem to God and thank Him for everything He has already done. In doing so, they are allowed to experience not our peace, but God's peace. Can you imagine that? God's peace? Can anyone imagine what God's peace feels like?

\*\*\*

The best way to describe that kind of peace is in the saying, "let go and let God".

In Hebrews 4:1-3 MSG it reads, *"For as long, then, as that promise of resting in him pulls us on to God's goal for us, we need to be careful that we're not disqualified. We received the same promises as those people in the wilderness, but the promises didn't do them a bit of good because they didn't receive the promises with faith. If we believe, though, we'll experience that state of resting...."*

This is a promise that comes with a condition. When we "let go and let God" we are doing it in faith, and not our faith, but God's faith. In order to do that, we must believe. We must be willing to open our hearts to God so He can enter and begin to align our hearts with His. This cannot be a "fake it till you make it" moment. It must be genuine. We must truly take a step of faith towards God.

Jesus understood "life on life's terms". He said, *"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world" (John 16:33).*

The actual peace we seek is found in Jesus Himself. No matter what we face, what the world throws at us, we have nothing to worry about it. He has already overcome the world.