

Finding Peace and Trust



By
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Having trust in the Lord may seem like a firsthand notion to many of us but at times our actions reflect differently. Many of us unknowingly, but automatically, tend to overly stress and panic when hardship comes our way in a variety of circumstances instead of turning to the Lord and praying.

1 Peter 5:7 - "Casting all your care upon him; for the careth for you"

It is easy to be negative, but it is hard to be positive. We automatically in our minds perceive negativity before positivity. We get consumed in negativity so much that we forget to think in a positive manner, trusting that the Lord will provide a way but will instead allow the negative energy to completely take over our daily lives to where basic things such as sleep is interrupted

**Psalm 127:2 – It is vain for you to rise up early, to sit up late, to eat the bread of sorrows;
for so he giveth his beloved sleep.**

The Lord is always there whether you remember or not and will take care of you if you believe, trust, keep the laws, and have faith.

Matthew 6:25-33 - Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on, is not the life more than meat and the body than raiment? Behold the fowls of the air; for they sow not neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, that even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Therefore, take no thought, saying, what shall we eat? Or, what shall we drink? Or, Wherewith shall we be clothed? For after all these things do the Gentiles seek; for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

If He knows to take care of the plants and animals what makes you think that He would not take care of you also? The heathens have the utmost faith and dedication in their pagan gods so what is it to us with the living God? We, however, need to learn to be patient and grateful. A prayer request may not have been granted when you wanted or how you wanted but at least you were heard. It must also be understood that there are reasons for why we go through some of the circumstances that we go through. It may be time to purge things out as we continue on our repentance journey, just be patient and endure

Sirach 2:5 – For gold is tried in the fire, and acceptable men in the furnace of adversity.

Other times, we create the same circumstances we fall victim to. Instead of trusting in the Lord we lean on our own understanding and that once again has us in captivity with heathens ruling and mocking us.

Proverbs 3:5 Trust in the Lord with all thine heart and lean not unto thine own understanding.

With the Lord, it's His way or none at all. We all want peace and rest to never go back into captivity again so why not try it His way with a respectful and fearful heart? The fear of the Lord brings peace into our life and will bring health. We would not have to stress over matters that people in the world do because we are being kept in the safety net of the laws that governs and protect us.

Psalms 119:65 – Thou hast dealt well with thy servant, O Lord, according unto thy word.

Sirach 1:8 - "There is one wise and greatly to be feared, the Lord sitting upon his throne."

Sirach 30: 21-23 – Give not over thy mind to heaviness and afflict not thyself in thine own counsel. The gladness of the heart is the life of man, and the joyfulness of a man prolongeth his days. Love thine own soul, and comfort thy heart, remove sorrow far from thee; for sorrow hath killed many, and there is no profit therein.

Joyfulness will prolong life while carefulness will shorten it. Age gracefully into prolonged years while having peace, joy, and trust in the Lord or have the appearance of a hard life with short lived years due to illnesses caused by continued stress and anxiety.

In closing, always remember

Sirach 2:10 “Look at the generation of old, and see; did ever any trust in the Lord, and was confounded? Or did whom did he ever despise, that called upon him?” Take a moment to meditate on thesethings.

Shalom.

