**Hi friends, today’s prayer theme is “the peace of God”**

*As we sit home today with our insides churning every time we watch a news story with predictions of more difficulties to come, or think about all the loved ones we can’t be with we are filled with anxiety. Especially, if you are heading out to work and on the front lines. Maybe you find yourself having to get groceries or medications finding that you just don’t have a sense of peace inside. You find yourself constantly worried about your health, your children, neighbors, your co-workers. You are simply unable to let your heart, your mind, your body, or your spirit rest, because you are simply consumed with thoughts of fear, safety, and worry.*

*Some mornings you just don’t know what to do after tossing all night. Well, I come to remind you this morning that we have a God who is able to give us supernatural help. So, today we are going to cast our cares on God together; the one who watches over us. We are going to pray for peace. You need it, I need it, we collectively need it, and God is more than ready to give it to us. You may want to light a candle.*

*I have chosen two passages of scripture to guide our prayer this morning.*

***The first is:***

**Isaiah 26:3 New International Version (NIV)**

**3You will keep in perfect peace
    those whose minds are steadfast, because they trust in you.**

*(steadfast means to be built up, fostered in as a parent or nursed in. Figuratively to render or be firm or faithful)*

*Peace in Hebrew is shalowm which means safe, well, happy, friendly, welfare which includes health, and prosperity*

***And the second is:***

**Philippians 4: 7**

**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

*Peace in the Greek is eirene = I- ray- nay from eiro(iro) which means to join. By implication prosperity: - one peace, quietness, rest, and to set at one again.*

 *I absolutely love these passages! What I love about them is that God has prepared us for these moments through these scriptures. They remind us that instead of leaving us to toss and turn with no peace inside, God says, “I gotcha!” When you can’t access internal peace, I will give it to you. Just set your heart and mind on me.” We are invited to nurse thoughts of how God has always been with us. To trust god!*

*When we call on God for peace, to know that we will experience it beyond anything we can understand! Beyond our own circumstances right now. I hear God saying, “the peace I give you will guard, protect and line your heart, and your mind, through my son Jesus, and the faith you have in him. Isn’t that beautiful? So, that peace will give us the power to make it through these moments, these days, and nights ahead. That peace will remind us that we are never alone.*

**So, if you have joined me via live stream, I invite you to repeat this prayer with me or you can simply bow your head and let it wash over you as we pray together: You can find a copy of this prayer at** [**www.spirituschristi.org/prayer**](http://www.spirituschristi.org/prayer)

**Let us pray!**

**Prayer:**

*God we come to you, as you invited us to in the letter of Paul to the Hebrews in 4:16. You said for us to come boldly and with confidence before your throne of grace, drawing near to it, that we may receive mercy and find grace to help in the time of need, and in the time of trouble. “*

*So, we know that these are troubled times and times of great need. As we find ourselves overcome with restlessness, fear, anxiety, and worry, we offer it to you. In exchange we receive from you your peace! God, we need that perfect peace that you promised to give us that drives out restlessness, fear, anxiety, and worry. We need that shalom peace in our minds, our hearts, and in the depth of our souls. We ask that you fill us with it. Let us feel ourselves being completely drenched with that peace, knowing it is in that peace that you give us that settles our insides. You said in Isaiah, that you would give it to us whose minds are built up, fostered in, nursed in, and firm in trusting you. That is us today. We declare that our faith is firm and is built up in you.*

*We remember all the times you brought us through our life’s past struggles, conflicts, illnesses, trials, and scary moments when we didn’t think we would make it through. We did make it! We didn’t perish. We survived and in many cases came out better, deeper, and stronger. God, those experiences built our faith and our trust in you. You taught us that we were not alone and that we didn’t have to worry. You were there walking with us, working through us, making a way out of what seemed like no way! You turned our darkness into day! You gave us your peace of mind and peace of heart! So, this morning we pray and ask that you do it again!*

 *Give us peace and have it be still as you did for Jesus, when he calmed the raging sea and the disciples were afraid like we are in this Coronavirus storm. Let the words of Jesus that he spoke to the wind and the waves on that day, be spoken to the wind and waves of restlessness, anxiety and fear living in our hearts today. Peace be still! Let that peace of God wash over us! Let it guard, protect, and seal our hearts and minds through Jesus. We remember what Paul said to the church and faith community in Philippi that we read from in the passage in Philippians.*

*God you are in charge of our health, our wellness, our safety, our welfare, and our prosperity. Our worry can’t add anything to it or take it away. We put our total trust in you! So, today we receive the peace of God that goes beyond what we can understand. In fact, your peace transcends our current circumstance, because we acknowledge that you have the power to do exceedingly abundantly above anything we could ever think or ask. We receive that peace in the name of Jesus and through the power of your Holy Spirit!*

*So give us rest that comes with it, trust that comes with it, and steadfastness that comes with it.*

 *God we come this morning to put our trust in you, because we know that we can trust you with it and we know you have a great record.*

*Finally, we pray for our family members, co- workers and our community. Give them your peace and your protection. Let your spirit hold them and care for them. You are our peace that surpasses anything we can understanding. In fact, Jesus you are our Prince of Peace! Whenever you showed up with your disciples, you said, my peace I give you, my peace I leave with you!*

*Thank you for the gift of your peace today! So, today we say goodbye to our restlessness, anxiety, worry, fear, and hello to the gift of your peace that is holding us in this very moment. Thank you! In Jesus name we pray and receive your blessing in the name of the father, the son, and the Holy Spirit!*

***Amen***

*Repeat after me: I will not be restless, anxious, or worried! It has been replaced with God’s peace and the peace that Jesus just gave me. That is where I will live today.*