

Peaceful Heart

I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. John 14:25–27

The Holy Spirit: a helper, an advocate, the one who will dwell within to comfort and guide us, our constant companion and teacher. “Peace I leave with you; my peace I give to you.” You can only get this peace in your heart. The peace the world offers is a temporary condition. What the world has to offer comes with strings attached, is tenuous, can be taken away by the fine print. Jesus’ peace is the indwelling of the Holy Spirit; it is more than simply the absence of violence, upset, or imbalance.

A peaceful or “peace full” heart is ready to serve as Jesus serves. It is already full and has no room for that list that keeps us from serving: “what if,” “I can’t,” “I’m afraid,” or “I don’t know how.” Keeping “peace full” is a daily requirement for a peaceful heart. How and where do you get filled?

Imagine your heart as a gas tank.

Where on the gauge would your heart’s peace level be?

F 3/4 1/2 1/4 E

List what is taking up space in your tank/heart.

Listen to Jesus’ words as you repeat John 14:27. Continue to repeat this verse until your gauge registers full. Repeat as needed.