

*"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 14:27

## DEVOTIONAL

Jesus does not offer peace the way the world does. The world's peace is mostly just quiet on the surface, conflict kept hidden, people kept in their place, the whole thing called peace because it's easier than telling the truth.

Jesus says it plainly: "My peace I give to you. I do not give to you as the world gives." And then, almost in the same breath: "Do not let your hearts be troubled." That's not a rebuke. It's an invitation to stop organizing your life around the wrong center.

Which makes me ask some uncomfortable things about myself. How much of what I call peace is really just things going smoothly? How often have I chosen avoidance and dressed it up as calm? And what would it actually look like to carry a peace that can sit in tension without going cold, one that doesn't need someone else to lose for me to feel okay?

The peace Christ offers isn't that fragile. It doesn't need denial to survive. It can exist in hard rooms, hard conversations, and hard seasons, not by pretending things aren't difficult, but by refusing to let fear be the one making decisions. It grows when we stay present instead of retreating. When we stay tender instead of hardening. When we stay honest even when honesty costs something.

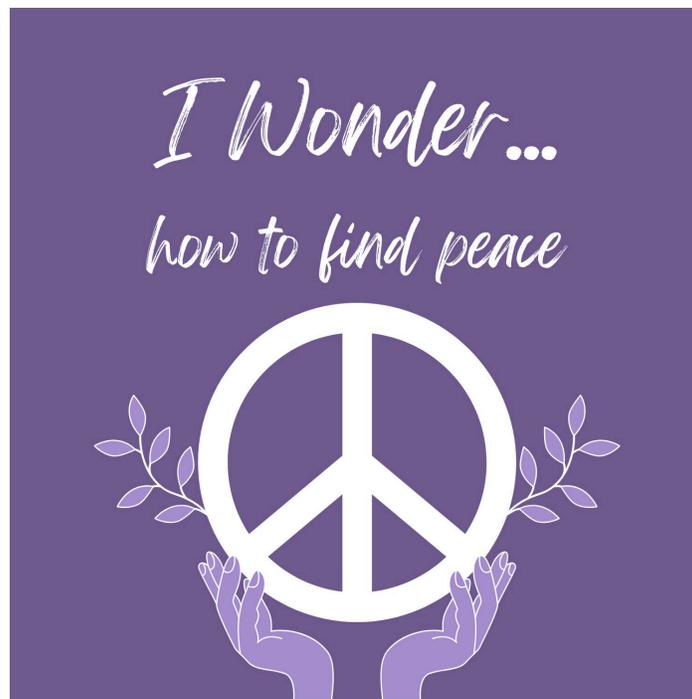
Peace isn't the absence of trouble. It's what happens when Jesus is in the middle of it with you.

## SPIRITUAL PRACTICE

Before one conversation today, take a breath and pray quietly: "Jesus, place Your peace in my body." Then actually do it. Relax your shoulders. Unclench your jaw. Let your body catch up with what you're asking for.

## CLOSING PRAYER

Prince of Peace, I am tired of fear running my life. Plant Your peace deeper than my anxiety. Teach me a steadiness that tells the truth and stays loving. Amen.



[View this email in your browser](#)

*Copyright (C) 2026 Havenwood Presbyterian Church. All rights reserved.*

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

