

The Peace of the Lord

A Reflection on the Peace That Passeth Understanding

Reflections Prayer, Repentance and the Spiritual Life 28 August 2026

John 14:27

Psalms 46:10

Philippians 4:7

Isaiah 26:3

I read a short post about peace which encouraged me to write on the subject. Peace is a word often spoken, yet its true depth is known only when life becomes turbulent. The peace of the Lord is not just a feeling of tranquillity produced by easily negotiable circumstances. It is far more profound: a sacred stillness planted by God in the heart of one who trusts Him. Our Lord Himself said, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you" (John 14:27). The peace of Christ, therefore, does not arrive from the outside; it rises from the abiding presence of God, the Holy Spirit indwelling in us.

There are times when the mind becomes a crowded room, filled with anxieties, unanswered questions, fears for tomorrow, and burdens too heavy to explain — the fear of the unknown. Yet it is precisely into such commotion that the Lord speaks His quiet word: "Be still, and know that I am God" (Psalm 46:10). His peace does not necessarily remove every difficulty at the moment we ask for it, but it changes the circumstances surrounding us. The storm may still rage around us, but it need not reign within us. The Lord who permits the storm is Himself present in the vessel, and His presence is often the difference between a fearful heart and a trusting one. Someone once painted a picture of "peace." It depicted two tall rocks standing firm as the sea furiously beat against them. A little bird had built a nest between the rocks and was busy feeding the little ones, quite unmindful of the roaring sea around. The faithful are placed in the protective hands of Jesus and should seek the peace there.

Paul speaks of "the peace of God, which passeth all understanding," a peace that shall "keep your hearts and minds through Christ Jesus" (Philippians 4:7). There is something wonderfully mysterious about such peace. It does not always explain itself. It does not wait until every prayer has been answered or each shadow has disappeared. It stands guard over the heart when reason has reached the end of its tether. It is heaven's sentry at the door of the soul, refusing to allow fear to occupy every chamber. We may not understand the path, but we know the Shepherd; and sometimes that is the only certainty the heart requires.

The deepest expression of peace is not found in a life without storms, but in a heart that trusts the Lord unquestioningly. "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3). Perfect peace is not the reward of those who have mastered life; it is the gracious gift to those who have learned to trust in the Lord. There will be days when our hands quiver, our insight fails, and the road ahead disappears mysteriously. Yet, beneath the nuances of a troubled world, the voice of Christ still speaks to His children: "Let not your heart be troubled, neither let it be afraid" (John

14:27). And when everything around us appears uncertain, may we discover anew that the Peace of the Lord is not a fragile calm that the world can steal, but a strong and holy anchorage of the soul.

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