

P E A C E

If you have an Advent wreath, go ahead and light one of the purple candles. Otherwise, find any candle and light it before reading this devotion.

This second week of Advent follows hope with peace.

Before we start, pause. Take a deep breath in. Wait a beat. Let it out. Now close your eyes and do that two more times.

Peace can often seem elusive. We live in a culture that promotes busyness and activity and excitement. But while practicing meditation or enjoying a spa day can certainly be beneficial, God's peace can actually transcend our circumstances. It can steady us during quiet mountain retreats *and* in December when our to-do lists stretch a mile long.

As his kids, we get to sit and rest in His presence, making the conscious choice to be peacemakers, no matter what life throws at us. He won't abandon us or leave us to find our own peace. In fact, Jesus is the *prince* of peace.

God's peace to our souls is the same as oxygen is to our bodies. We need it to live a fully alive spiritual life. Jesus greeted his disciples with God's peace regularly after the resurrection. Just like the disciples, we can have peace knowing our God is alive. We can have peace, knowing that while battles may continue, through the resurrection, the war has been won. We can have peace knowing we are God's kids, loved (and even liked!) by our Heavenly Dad. We can have peace knowing he is faithful and good. And we can have peace knowing Emmanuel, God with us, has come.

As you light your second candle, be still and feel God's peace fill your heart and soul and mind, settling us for the birth of a Savior.

READ:

Luke 1:39-56

John 20:19-20

Isaiah 9:6-7

Ephesians 4:3

DISCUSS/REFLECT:

What did Mary do to find peace in the midst of an unexpected pregnancy?

Where do you find peace? How can you be a peacemaker?

What do you think Jesus' title of "Prince of Peace" means? What does it say about Jesus? What does it say about his followers?