

## ***TEDDY TALK WITH MARTIN UMC FRIENDS AND FAMILY***

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**Come, let's sing out loud to the Lord! Let's raise a joyful shout to the rock of our salvation! Let's come before him with thanks! Let's shout songs of joy to him!**

*Psalm 95:1-2 (CEB)*

### **Being Thankful for Inner Peace**

Throughout the three years Jesus shared with his Disciples, he taught them that the kingdom of God exists in each of them and in every person in God's creation. When I became aware of this truth, I consciously acknowledged the presence of God within me. With that realization, I found a whole new way to look at God's closeness to me, to you, and to people all around the earth.

Although the world may present you and me with situations that are out of our control, we can choose to experience and instill inner peace. We can choose to center ourselves in this knowledge and understanding of peace within our being. We can practice thinking and speaking affirmations of peace. Through prayer and meditation, we connect our mortal lives to the peace within our heart, soul, mind, and spirit. That understanding makes each day more special than the day before.

No matter where I am or what I am doing, I can pause to relax and breathe in the peace of God. Memories of times where feelings affirming God's presence within include special occurrences in your and my childhood, teens, young adult, adult life, and NOW! For example, it was not unusual for me to wake up to a full moon shining through the West window in my childhood bedroom. I experienced an overwhelming desire to go ride my horse. The first time, I woke my parents to tell them I was "going for a ride" on Dolly, or Dobbin, or Tonka, or whatever horse was available. It was 2:00 AM and there was much doubt in my mother's eyes. I said, "pretty please," and she said, "O alright". She had that much confidence in my riding ability and the gentle protection my horses provided.

Those moonlight rides were the most mentally and physically refreshing restorations I ever experienced. Frankly, I have not felt that much joy and personal healing since the ages of eight to eleven. Try to imagine riding bareback on the west Texas plains under a full moon and the beautiful display of the Universe's stars and planets. I believe it was during those rides that I received assurance of the fact I would one day serve God in a special way. I felt an inner peace that passed understanding, and that peace lives with me today.

By affirming and knowing this sacred presence of Love within, letting it flow in your heart and my heart, assures a world of spiritual peace with no limits. So, my challenge for you is to seek escape time in God's creation, breathe in the beauty and harmony, and feel the sensations of inner peace. May God's peace and comfort be within you now and evermore.

Peace always,  
Ted