

“Letting the Spirit control your mind leads to life and peace.

Romans:8-6

The Christmas seasons are familiar each year. There are the delightful gatherings with family, Church assembly, and worship. Decembers tend to be like the last, but each renews some great memories and feelings from seasons past. What was exciting and always the same as children change over time. Some of the players in our life moved away, married, have new traditions or other life changing events that modify our dynamics in the season. Much comfort comes from a special sermon that speaks to each of us specifically, outings with grandparents to view the neighborhood lights on houses and downtown businesses and hear the inevitable, “Aren’t those blue lights beautiful. I love how they move.” Every year Christmas is different, but also always the same. The divine presence is forever with us, and this is an enduring source of comfort each year.

Pain and doubt make an unwelcome visit to everyone at some point, and we can believe we are blessed knowing God is with us even in the challenging parts of life. Believing in the truth of our spiritual nature is a comfort and source of peace. You and I can be filled with gratitude for this understanding knowing it helps us trust we can never be abandoned or forsaken. We are indeed enfolded in divine love and peace and encouraged by kind words, compassionate acts, and warm hugs of church and family we know and love.

We are soothed and comforted knowing God’s love is forever in and all around us in church, in home, and even in crowded shopping places. If you are like me, rest comes when we quiet our minds, and breathe mindfully and deeply. Repeating aloud or in our minds “I am calm and relaxed” can cause our minds to settle. Minds relax, emotions stabilize, and our whole body finds new poise and equilibrium. Meditating, praying and repeating encouraging messages helps establish ourselves in the consciousness of peace. Needs to stress or strain departs. Feelings of tranquility enter our heart, soul, mind, and spirit and emerge to a thorough awareness of God’s presence.

Each day this season may include times of intense action so quiet time is the most important part of our schedules. With the Peace of God ever present, we can carry peaceful thoughts and actions into every activity of our lives. Then we can sincerely say as Paul wrote to the Romans, *In faith, I am at peace.*

Peace always,
Ted