

Inner Peace for the Soul

We live in a demanding, overly busy world, but when we're too busy to spend time with God or refuse to address past hurts, habitual sin, secret addictions, or character flaws, we set ourselves up for spiritual bankruptcy. It's common to appear stable and secure, even to have a seemingly perfect life, yet beneath it all, our inner life rests on a fragile spiritual foundation. Life's distresses, or even the normal process of living, can suddenly expose our hidden weaknesses, leading to the loss of peace, joy, and blessings. Because of sin, we are spiritually destitute and can do nothing to deliver ourselves from our dire situation. Before we can enter God's kingdom, we must recognize the utter worthlessness of our spiritual currency and the inability of our works to save us. So what do we do when life seems out of control? Where do we go? **Psalm 46:10:** "*He {God} says, 'Be still, and know that I am God.'*" When we understand that God is our refuge, strength, and an ever-present help in trouble, we will not fear. Acknowledging God enables us to trust Him and surrender to His plan because we understand who He is. Once we do, we can build a life that can withstand life's storms. We need the spiritual disciplines: solitude with God, daily prayer, and daily Bible reading and study. Jesus tells us this parable that relates to our lives, **Luke 6:46-49:** "*Now why do you call Me, 'Lord, Lord,' and do not do what I say? Everyone who comes to Me and hears My words and acts on them, I will show you whom he is like: he is like a man building a house, who dug deep and laid a foundation on the rock; and when there was a flood, the river burst against that house and yet it could not shake it, because it had been well built. But the one who has heard and has not acted accordingly is like a man who built a house on the ground without a foundation; and the river burst against it and it immediately collapsed, and the ruin of that house was great.*" The blessing or the curse of our response to the Word of God isn't whether we heard the words. Notice what Jesus said: "Everyone who comes to Me and hears My words and acts on them." The issue isn't whether we heard the Word of God. The issue is whether we do the Word of God. If we hear it but don't do it, we don't truly love Him, and we don't truly believe in Him. Our outwardness is not authentic unless it reflects the inwardness of our lives. It's not the flesh but the heart, the Spirit. And the inner life describes the heart behind the habits and the belief behind the behavior. If we set aside time from other valuable daily tasks to understand how necessary prayer is, we will find that the irritants and wounds in our personal lives will begin to fade, and we won't feel the strain anymore because we will have God's perspective on life. When we start our day with prayer and spend time with God, He has a wonderful way of helping us get through the day. Sometimes, without our even knowing it, He reorganizes everything in our day. The only way to replace the error of the world's way of thinking is to replace it with God's truth, and the only infallible source of God's truth is His revealed Word, the Bible.