peace

‘For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.’ – Isaiah 9:6 NRSV

‘Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.’

– John 14:27 NRSV

In a world that seems to be in chaos, Christmas is a wonderful reminder that Jesus coming means we can live our lives in peace because he came to be our Prince of Peace.

In John 14:27, we see three major points that will help us understand the peace that Jesus offers.

First, we see a difference between a peace from God and peace as the world understands it. Worldly peace is temporal but the peace that Jesus gives is permanent – in John 14:27 he says ‘Peace I leave with you’, which indicates a lasting peace.

Second, we see that a life lived for Jesus means our troubled hearts can be stilled. Jesus does not want us to live lives that are burdened or heavy. Matthew 11:30 says ‘For my yoke is easy and my burden is light.’ We can hand our troubles over to Jesus who will still our troubled hearts.

Thirdly, we see that a life lived for Jesus can be a life lived without fear. Fear can affect our physical, mental and spiritual well-being. The peace that Jesus offers allows us to live each day confidently, resting in the knowledge that Jesus calms our fears and is our Prince of Peace.

Christmas is a reminder that Jesus Christ calls us to live at peace with him by following his ways and also to live at peace with others.

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A Prayer for Peace

Dear Lord,

As we celebrate this Christmas season, may your peace descend upon us, filling our hearts and homes with all that your birth represents.

Help us to share this peace with others and to remember the true meaning of your gift to the world.

AMEN

How does the peace that Jesus offers, as described in the Bible, influence my own sense of inner peace and the way I approach challenges and conflicts in my life?