I confess that I haven’t always experienced “the peace that passes understanding.” As a young woman starting out on my own, peace was illusive and fleeting. My mind swam with thoughts of who, what, how, when, where or why? Then as a young bride, new voices began whispering “You aren’t good enough. What were you thinking?” Then as a new mother a whole new level of self-doubt flooded my brain. It has literally been a battle for peace.

I have read and prayed...read and prayed...spoken with others of wisdom...searched and researched peace. Isaiah 43:1-7 (actually the whole chapter, but in particular those first seven verses) became my go-to scripture (text below). I have clung to it, placed my name in it, sung it, and shared it. God has seen me through every trial and tribulation and He will continue.

Then Psalm 105:1-5 (text below) jumped out at me. “This,” I said to myself. “This is the key to holding on to His peace!” Praise Him...make known what He has done...Sing to Him...Glory in His name...Look to the Lord...Remember what He has done!

Be intentional about seeking His peace. Be intentional about holding on to His peace. Moment by moment He fortifies us when we ask for it.

Those thoughts and whisperings of self-doubt that I mentioned before have to be not only stopped but replaced. Replaced with truths that we eagerly share with others, but somehow neglect to share with ourselves. Replace the whirling ricocheting thoughts of unworthiness, fear, anxiety, confusion and doubt with praise, gratitude, song, time spent in His glory, remembrances of His goodness, and intentionally looking to the Lord and receiving His strength.

Refuse to give away the peace He gives. Don’t give it to fear of COVID-19, frustration with social distancing, money issues, family issues, nor health issues of any kind. Instead practice intentionally seeking, claiming and holding on to that peace...that marvelous peace that passes all understanding.

Isaiah 43:1-7 (New Revised Standard Version)
But now thus says the L ORD,
   he who created you, O Jacob,
   he who formed you, O Israel:
Do not fear, for I have redeemed you;
   I have called you by name, you are mine.
2 When you pass through the waters, I will be with you;
   and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
   and the flame shall not consume you.
3 For I am the L ORD your God,
   the Holy One of Israel, your Savior.
I give Egypt as your ransom,
   Ethiopia w and Seba in exchange for you.
4 Because you are precious in my sight,
   and honored, and I love you,
I give people in return for you,
   nations in exchange for your life.
5 Do not fear, for I am with you;
   I will bring your offspring from the east,
   and from the west I will gather you;
6 I will say to the north, “Give them up,”
   and to the south, “Do not withhold;
bring my sons from far away
   and my daughters from the end of the earth—
7 everyone who is called by my name,
   whom I created for my glory,
   whom I formed and made.”

Psalm 105:1-5 (New Revised Standard Version)

O give thanks to the L ORD, call on his name,
   make known his deeds among the peoples.
2 Sing to him, sing praises to him;
   tell of all his wonderful works.
3 Glory in his holy name;
   let the hearts of those who seek the L ORD rejoice.
4 Seek the L ORD and his strength;
   seek his presence continually.
5 Remember the wonderful works he has done,
   his miracles, and the judgments he has uttered