



## Abiding in the Prince of Peace

By: Steve Moorhouse

*John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

In an entire year of 365 days, the moment I look forward to the most on day 359 is lighting candles and singing "O Holy Night" with fellow worshipers. We pass the flame from one candle to the next. Parents sway to the music with infants in their arms as flickering light is reflected in the eyes of children. Adults rest in the moment of calm amid the chaos of Christmas. What a holy moment this is! This pause of peaceful repose makes me wish that the feeling would never go away. I am always reluctant to blow out the candle as the lights in the auditorium come back on, and abiding in the reality of life sets in once again.

Abiding in life is hard. Finding coping mechanisms begins shortly after we're born. Have you ever come across a parent frantically looking for their child's lost security blanket? Sheer panic! Over time, these emotional support items fray and lose their power to comfort. As adults, we too embrace "blankies" to give us a feeling of security. When one fails, we quickly look for another. We abide in one security blanket after another in our desperate search for a stable, fixed sense of well-being. We falsely believe that feeling safe and secure equals peace. Nothing in this world can fulfill our human yearning for wholeness. We all know the story of the three little pigs. Two of the three little housebuilders were abiding in the wrong abodes. Are you currently residing in a house built of sticks or straw? If so, like a lit candle, the slightest puff of air will extinguish your flame.

Saint Augustine writes in his Confessions, "You have made us for Yourself, O Lord, and our hearts are restless until they rest in you." Look deep into your soul and ask, "Am I at peace?"

Abiding in the Prince of Peace brings restfulness to your restless heart.

Abiding in Jesus' gift of peace is a learned discipline. There are actionable steps you can take to grow your capacity for peace.

Joel Ryan has written an article detailing "[6 Ways to Invite the Prince of Peace to Rule in Your Heart.](#)"

### 1. Recognize the Prince of Peace has already overcome fear.

*John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

Healthy fear helps protect us from things that can harm us. Unhealthy fear fills us with a sense of dread that something terrible is about to happen. We don't have control over trouble in this world,

but Jesus does! Corrie Ten Boom famously said, “There is no pit so deep that God’s love is not deeper still.” Declare, “Jesus, I take heart!”

## **2. Ask for peace because Jesus understands your fears and hears your prayers.**

*John 16:33 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

We may be reluctant to pray for peace because we fear it will be seen as unbelief. Jesus wants us to pray for peace. His peace stands guard over our hearts and minds so that we can rest. Declare, “Jesus, I need peace!”

## **3. Make Jesus your only Rock. He is stronger than your circumstances.**

*Psalms 62:1-2 "truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken."*

This verse was written by David when he was on the run from King Saul. He’d been hiding in caves and fortresses for safety, but his only true rest was with God. In the same way, there is no cave or fortress we can safely hide in from our adverse circumstances. Declare, “Jesus, you’re my Rock!”

## **4. Believe that Jesus is with you in the Storm.**

*Romans 8:6 "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."*

Storms can start in our minds. Thoughts of despair, anger, sadness, fear, hatred, and lust come crashing in on us like waves. Jesus was in a boat with his disciples when a fierce storm arose. He declared, “Peace, be still!” The winds and rains obeyed him. When storms threaten to erode the peace within you, declare “Peace, be still!”

## **5. Focus on what God is doing and wants to do in your life.**

*Philippians 4:8-9 "finally, brothers and sisters whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of Peace will be with you."*

Look for the good and you’ll see it. God is good all the time; And all the time God is good. Declare, “Jesus, I thank you!”

## **6. Let go and learn to trust in God’s power.**

*Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*

What does it mean to let go and let God? It means we acknowledge God to direct our paths. Let go of “what ifs,” things we don’t understand, the past, perfectionism, shame, procrastination, complaining, mistakes, blaming others, things we don’t need, trying to do everything alone, and trying to control everything. Declare, “I trust Jesus!”

When you abide in the Prince of Peace, the world won't seem so chaotic anymore. Annoyances won't seem so annoying. Broken relationships are restored. When your heart is no longer filled with trouble and fear, you now have room to form new depths of intimacy with God and others.

The presence of Peace can be written on your face. What does your resting face say about you? Your resting face broadcasts a message to the world around you. There is a direct connection between our emotions (how we feel), and our expressions (how we appear). Stress can have a negative impact on how our skin ages. Plastic surgeons actually perform "expression surgeries" such as grin lifts. Abiding in the Prince of Peace, your resting face will have a new default setting. Your peaceful countenance can broadcast an unspoken blessing to those around you.

I remind myself that the good news of Christmas is, the candle never has to go out! When I abide in the Prince of Peace, I can remain in this stable, fixed state of peace every day of my life. Peace is found residing in a Person. Jesus, our Prince of Peace, imparts His peace to us as a gift. The result is a heart that is free of trouble and fear.

*The Lord bless you and keep you;  
the Lord make his face shine on you,  
and be gracious to you;  
the Lord lift up his countenance upon you,  
and give you peace. Numbers 6:24-26*

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## Questions:

1. Are you abiding in a security blanket? If so, what name would you give it?
2. What needs to change so that you can abide in the Prince of Peace?
3. How has residing in the Prince of Peace helped you?