



Establishing quiet centres and peaceful habits give us precious resources for inner peace. When we attack the roots of stress in us and the chronic stress centres around us, we make room for friendly stress that will always be there. But even with that plan for peace in place, there is one important item of unfinished business. How do we handle the rest of the mess and the circumstances beyond our control?

There are important answers in the account of the most violent storm experienced in the New Testament in Acts 27:27-44.

## GET RID OF THE CARGO YOU DON'T NEED

**Acts 27:18-19** *“We took such a violent battering from the storm that the next day they began to throw the cargo overboard ..... with their own hands.”*

## GET BUSY WITH THE THINGS THAT REALLY MATTER

**Acts 27:22-24** *“But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed. Last night an angel of the God to whom I belong and whom I serve stood beside me and said, ‘Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.’”*

## GET DESPERATE WITH GOD

Our faith tends to be cool, calm and collected, until crisis clobbers us. Then we go from our feet to our knees, and God becomes more than someone who “helps” us. His is our only hope.

*At certain points in your life, God will strip you of all other resources, leaving you only Himself.*

## GET BACK TO A HEALTHY ROUTINE

There is a line from an old hymn that beautifully interprets the storms we face:

*Clouds arise and tempests blow  
By order from Thy throne.*

When God orders up a tempest in your life, it is because a change is needed. Usually, the storm is not the real issue, not from God’s viewpoint. It is an imbalance that has developed in priorities, a dislocation so subtle that you can’t even see it until turbulence gets your attention.

*Our plans may be interrupted by storms, but God’s plans never are.*

## Coping Isn't Enough

According to the dictionary, to cope is “to struggle or contend on fairly even terms”.

*Just keeping our heads above water leaves us vulnerable to any big wave that comes along.*

**Romans 8:37** “*In all things we are more than conquerors through Him who loved us.*”

If we can be “more than conquerors” in the stresses of life, why should we settle for coping?

## Peace is Ultimately a Person

The ancient Jewish prophets called Him “the Prince of Peace.” When Jesus came, the Christmas angels promised He would be a Saviour whose saving would bring peace. When He left, He promised:

**John 14:27** “*Peace I leave with you, My peace I give you*”.

His servant Paul summed it up when he reminded us:

**Ephesians 2:17** “*He came and preached to you who were far away and peace to those who were near.*”

Then in six simple words, he spoke the prescription for peace:

**Ephesians 2:14** “**For He Himself is our peace.**”

*Since we were made to live for the God who made us, everything else is out of place until we find Him.*

Since we were made to live for the God who made us, everything else is out of place until we find Him. And He can only be found at the Cross, where His Son paid the bill for our war against God. Whether we have rejected God, or simply neglected Him, the result is the same, a life He made and paid for, lived without Him. Upon our invitation, He enters our lives, bringing His peace.

If the load you are carrying seems too heavy for you, it is because you were never meant to carry it alone.

**Peace is a Person, and peace rooted in Him can triumphantly stand any test.**

If your stress makes you hungry for His peace, then it has driven you home. The storm has blown us into the Harbour that we have looked for all our lives.

