

## *Peace All The Day*

“There remaineth,  
therefore, a rest to the people of God.  
For he that is entered into his rest,  
he also hath ceased  
from his own works . . .  
Let us labor, therefore,  
(make haste or apply ourselves)  
to enter into his rest.”  
- Hebrews 4:9-11



We enter more readily into seeking the Lord in the quiet time if we have first been at rest or peace in Him in the hours before.

Most of us are naturally hurried. We are frequently impatient. We are rarely as gentle, meek, loving, and kind as we ought to be. Rarely are we at peace and rest in the Lord in any practical sense. In other words, we are often in a fuss 'n furor.

On the other hand:

“The fruit of the Spirit is love, joy, peace, longsuffering (patience), gentleness, goodness, faith, meekness, temperance.”  
-Galatians 5:22, 23

As we seek the Lord, He will show us our lack and our need of these gracious attitudes. He will be seeking to form them in us. And He will be showing us the difficulty we put in the way of our entering His presence when we evidence the contrary attitudes all the day long.

We will want both to labor to enter into this kind of new attitude and to cease from our own works (labor).

We will want to recognize that impatient unkindness displeases our God and makes it difficult to seek the Lord and enter into His presence.

We will want to remind ourselves often that hurried fuss 'n furor contribute to our frequent display of bad temper or unhealthy attitudes.

We will want to labor to enter into His rest by actively, purposely slowing down, being willing to do less if necessary. . . . Also by being sacrificially willing to be less in charge, less in need of straightening out things and people, less in need of having to have things our way.

We will want to recognize that we can show we've ceased from our own works by depending on the Lord to change these attitudes. We can deliberately, immediately on the spot, relax, let go, pray and trust God to care for the situation even enabling us to respond more appropriately.

Prepare yourself to seek the Lord and enter His presence by learning to graciously live more nearly all the day in His peace.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee:  
because he trusteth in thee.”  
-Isaiah 26:3