



3 Don't Worry; Have Peace

Opening Songs

- "In God Alone" (Mon âme se repose), No. 5
- "Our Darkness" (La ténèbre), No. 12
- "Come and Fill" (Confitemini Domino), No. 3

Scripture Reading

Philippians 4:4-7

"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Something to Think About in the Silence

I don't know about you, but I cannot imagine what it would be like to not worry about anything. It seems like an impossible feat, and yet that is the instruction from Philippians. Think back to Jesus teaching us about worry in the Book of Matthew. He tells us that God cares for the lilies of the field and the littlest sparrow. How much more does God care for each one of us? Take a minute right now to think about that one truth. God cares for the tiniest sparrow—how much more must God care for you!

What do you worry about? School? Work? Money? Family issues? Relationships? Our minds and hearts are inclined to worry about things that don't matter in the long run. What a wonderful promise we have in this Bible passage. When our worries are submitted to the compassionate and loving hands of God, we experience the peace of God in our hearts and minds. Our hearts are guarded and protected by God's peace, and our worrying will be no more. Take a few minutes to think about what it means to have a peace that guards the heart and the mind.

Think about how often we say to one another: "Oh, don't worry about it. You'll be fine." Do we just respond: "OK. You're right. I won't worry about it"? Of course not. We say "OK." But then we continue worrying. This Scripture says "Don't worry" in an authoritative way. This is God saying to us: "Don't worry about it. You'll be fine. I'm here."

Listen to your heart now and hear God whispering this Scripture passage in your heart. "Rejoice my beloved child. Relax. I am right here with you. Don't worry. Just tell me what you need. Rely on me; I will not fail you. I will protect you and fill you with my peace."

Sung Response

- "In the Lord" (El Senyor), No. 6

Prayer: "God of peace and love, take away our worries. You promise to guard our hearts and minds in Christ Jesus, so we open ourselves to your protection. Help us come to know you in such a way that we willingly surrender our worries to your loving hands. May the peace that surpasses all understanding live in our hearts and minds. Amen."

Closing Songs

- "Sing Praises" (Laudate omnes gentes), No. 13
- "Let Your Servant Now Go in Peace" (Nunc Dimittis), No. 8