

Peace is precious!

There are two things that make peace so precious. The first is what it does for us and the second is how hard it can be to obtain and keep. Peace is both wonderful and elusive.

Peace is defined as "freedom from disturbance; quiet and tranquility." It is also defined as "freedom from disquieting or oppressive thoughts or emotions."

Peace's freedom, quiet and tranquility have many benefits. There are physical benefits like relaxation and lower blood pressure. There are emotional benefits like satisfaction, security and calm. There are mental benefits like clarity and awareness. There are relational benefits like harmony and understanding. These are just a few of the many benefits of peace. The list could go on and on. The point is peace is such a blessing to us in so many different ways. Peace feels so good. That is part of what makes peace precious.

The other reason peace is so precious is because there seems to be so many things that disturb our peace. Peace can be elusive and hard to obtain. It can be even harder to keep once we have it. All kinds of circumstances in our lives can take away our peace.

Since peace means "freedom from disturbance," then it makes sense that nearly any disturbance can take it away. Since peace means "quiet and tranquility" then nearly any noise or turbulence can bring peace to an end. Peace therefore can seem so fragile.

Many wise people have said that peace is not fragile but strong. Mahatma Gandhi said, "Peace to be real must be unaffected by outside circumstances" and "nobody can hurt me without my permission." Ralph Waldo Emerson said, "Nothing external to you has any power over you." The Bible talks about a peace that surpasses all understanding. This seems to contradict the meaning of peace and our experience of it. How can peace be strong, fragile, precious and elusive all at the same time?

What brings peace? Pursue it!

Peace can be elusive. Something that can be hard to find requires us to think more about how to find it so we can pursue it better. What brings you peace? How could you better pursue it?

Don't let it go!

Once you have something precious you want to hold onto it. We take solid steps to hold onto many of the precious things we have obtained in life. We put our money in banks and safes to protect it. We insure our cars, homes and belongings against loss. We keep a close eye on jewelry, never taking it off or putting it in a special box to protect it. We take special care of family heirlooms and keepsakes that have been passed down to us. This all makes sense because these things are precious. We do not want them lost or stolen. We often reference peace in the same way. We will say, "I lost my peace" or "that stole my peace." By our own words we indicate that peace is precious and we need to protect it. Do we consciously try to hold onto and protect peace in our lives? Do we seek to protect our emotions, thoughts, desires and actions? Do we guard peace? Or do we tend to believe that peace is something out of our control that just comes into and leaves our lives based on our circumstances? What are some ways we defend, protect, guard and keep our peace? What are some keys to keeping peace?

Peace is a choice?

If we can pursue peace, if we can protect peace, then is having peace at least in part a choice? Do you believe that having peace is something we can have some control over? If so how? What role does controlling our thoughts have? What role do our habits have?
