

FAITH  
*over*  
FEAR

**Free  
Preview!**

*100 Devotions  
to Rest in the Shadow  
of His Wings*

A Guideposts Devotional

# Practice Peacefulness

JOHN DILWORTH

*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.*

1 PETER 3:15 (NIV)

John, how do you always stay so calm, even in the tough situations?" a colleague asked.

I was sitting across the desk from the division president of my company for one last meeting. We were chatting, wrapping things up, before I formally retired. Not expecting the question, I rambled, mentioning my faith and that I hadn't always been calm. I talked about reading Dr. Norman Vincent Peale's books in my younger days and how they had helped me.

Later, I felt disappointed that my answer hadn't come close to capturing God's work within me to overcome the biggest struggle of my life: crippling fears and anxiety. I asked God to help me overcome all of my turmoil and inner conflict. I learned ways to live my faith. I began to pray and read the Bible daily. I used many of the action steps that Dr. Peale outlined to deal with daily life and to practice peacefulness. From that beginning, God guided me on an incredible journey, step by step, to a life of deep tranquility and quiet confidence.

I wasn't prepared to give an answer when the question was asked. I missed an opportunity to tell firsthand what God had

done for me. However, the conversation may have been another step that God intended for my journey. It caused me to look back and see more clearly than ever His presence and faithfulness throughout my life—and that He is “the reason for the hope” I have.

## *Let Us Pray*

Dear Lord, help me be ready to boldly share stories of Your faithfulness whenever an opportunity comes.

Amen.

## Further Reflection

1 CHRONICLES 16:9 (NIV)

Sing to him, sing praise to him; tell of all his wonderful acts.

PSALM 13:5–6 (NIV)

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the LORD’s praise, for he has been good to me.



# God's Got You

LOGAN ELIASEN

*But I trust in you, LORD; I say,  
“You are my God.”*

PSALM 31:14 (NIV)

Nice job, Logan!” my friend Steve shouted. “You’re doing great!”

I looked down from the faux-stone wall I was clinging to. Steve was teaching me how to rock climb. He tightened the rope clipped to his waist. It connected to a pulley on the ceiling and down to my harness.

I was shaky from being so high up, but I also felt exhilarated. I swung my torso as I grasped for the next handhold, and I missed it. Suddenly, I was hanging from the rock face by one hand. I looked down at the gym floor, and my stomach clenched.

“It’s OK, Logan!” Steve yelled. “That’s why I’m here! You can let go now! I’ve got you!”

I was afraid. Instead of trusting Steve, I clawed and scrambled to find a grip. *What if the rope isn’t tight enough? What if it snaps? What if I weigh more than Steve and plummet to the floor while he rockets to the ceiling?*

I understood that I needed to release my grasp. But I struggle with surrender. I’m the firstborn of five, and I’ve got the personality that goes with it. Relying on myself feels safe and certain.



“Logan, you have to trust me,” Steve said, calm and steady. That sounded very familiar. God also asks me to trust Him—to remember that He will keep me safe.

So now it was time to relinquish and release control instead of claw for it. I uncurled my fingers. I dropped, but the slack in the rope tightened. Then I hung, suspended peacefully in the air. Steve had expertly braced himself. He began to lower me to safety, and I breathed easy.

It’s a good thing to be in capable hands—both Steve’s and God’s.

## *Let Us Pray*

Lord, thank You for sending friends who teach me more about surrender and trust.



## Further Reflection

PSALM 56:3 (NIV)

When I am afraid, I put my trust in you.

PROVERBS 3:5–6 (NIV)

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

# You Are Here

ERIN MacPHERSON

*On the day I called, you answered me;  
my strength of soul you increased.*

PSALM 138:3 (ESV)

Just a little lump.

It's amazing how quickly life can shift out of orbit, how a mundane day can suddenly become anything but. All it takes is one fragment of a second when something just doesn't feel right.

*Lord, why? How?* my soul screams. I never imagined this for my dear friend Sarah.

Suddenly a whirl of doctors' appointments and biopsies, of friends calling to give advice, of doctors calling to give results, of treatment calendars and care calendars and a chicken-poppy-seed casserole in the oven from the next-door neighbor as you hold hands and pray on the couch.

Big words like *cancer* and *chemotherapy* and *radiation* being tossed around like pinballs, big feelings creeping in and overtaking what was simply joy and peace only days ago. Yet You are here, Lord.




In those crazy, mixed-up moments when I don't know what to say or what to do or how to act other than to look my friend in her eyes and pull her close and hold on tight, You are here.

When she doesn't respond, when words can't be found, when the gap between us is bigger than it has ever been, You are here.

In sickness and in hope and tears and sweat and pain. In every moment, You are here. And in Your presence, peace flows.

## *Let Us Pray*

Father God, thank You for comfort even in the midst of the hardest days. You are the strength I need when I have no strength to walk forward. Amen.



## Further Reflection

ROMANS 8:16–17 (ESV)

The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

ROMANS 8:38–39 (ESV)

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.