



Praise to Peace

By Bryan Trotter on July 25, 2022

TODAY'S READING: Philippians 4

A long time ago, in a galaxy not so far away...I do not have to give any explanation for those words. Everyone knows those words are the opening words of Star Wars. You can read those words then hear the musical fan fair of John Williams' score as you read the opening crawl. Do you remember watching the movie in the theaters? Recently my family and I re-watched the entire Star Wars movie series, all eleven movies. Our family absolutely loved it. Although I think my family tired of me pausing the movies to add commentary. These movies have so many great action sequences and quotes. Some of my favorite quotes are from a little green puppet named Yoda. In Episode I: The Phantom Menace, Yoda gives some incredible wisdom about the "dark side." He says, "Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering." Darth Vader did not just wake up one morning and decide to rule the galaxy with an evil empire. It was a slow and gradual progression from an innocent boy on a desert planet to an evil tyrant seeking to rule the galaxy.

Well....a long time ago but in a galaxy not so far away, Paul was writing the conclusion to his letter to the Philippians that contains so much great content for us as followers of Christ. We can also see another progression, rejoicing to peace. Paul calls us to rejoice in the Lord, not once but twice because he knows the value of rejoicing. Paul urges us to not be anxious but replace anxiety with prayer and supplication. The results of more rejoicing and thanksgiving is peace.

Truthfully, change rarely happens over night, but it is a progression. Professional athletes do not wake up one morning and suddenly have the skill set needed to play at the professional level. Musicians do not pick up an instrument for the first time and skillfully play. Skills and abilities take time to cultivate. Almost everything in life is a progression, including human behavior. The journey to peace progresses from rejoicing. When we begin to focus less on the stressors of this world and more on giving thanks to God, anxiety is replaced with peace. EVERYONE wants more peace. No one wants more anxiety and strife their lives. If you want to find more peace, start with focusing on rejoicing and thanksgiving to God. Today, spend some time in prayer praising God for His blessing and ask Him to help you shift your focus away from anxiety and towards peace.

TOMORROW'S READING: Philemon

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