Real Peace in Daily Life

16 November 2026 · Yallambee Lodge & Hudson House

Opening Hymn — What a Friend We Have in Jesus

What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Are we weak and heavy laden,
Cumbered with a load of care?
Precious Saviour, still our refuge;
Take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In His arms He’ll take and shield thee;
Thou wilt find a solace there.

Bible Reading — Philippians 4:4–9 (New International Version)

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

[8] Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. [9] Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

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Reflection — How Can I Have Real Peace in My Daily Life?

Peace is one of the things every heart longs for. *(pause)* Not excitement, not riches — just *peace*. A calm to live in. A quiet that doesn't come and go. *(pause)*

But here is what many of us have found: the peace the world offers is a fragile thing. *(pause)* We tell ourselves, "I'll be at peace when the bills are paid… when my health settles… when the family's sorted out." *(pause)* And sometimes it does come — for a little while. Then the next trouble arrives, and the peace slips away again. That kind of peace depends on everything going right. And in this life, something is always going wrong somewhere. *(pause)*

So real peace cannot be the *absence of trouble*. If we wait for a life with no storms, we will wait forever. Real peace has to be something that holds us *in* the storm — a steadiness underneath, even when the surface is rough. *(pause)*

And that is exactly the kind of peace Jesus offers. He said: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."* *(pause)*

Not as the world gives. The world's peace depends on your circumstances. His peace depends on His presence — and He never leaves. *(pause)*

Now how do we actually *live* in that peace, day by day? Listen to the plainest instruction in all the Bible: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your*

requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds." *(pause)*

Do you see what that is? *(pause)* It is an exchange. We are carrying a load of worry we were never meant to carry. And God says: *hand it to me.* *(pause)* Prayer is not only asking — it is the moment you take the weight off your own shoulders and put it onto His. And in its place He gives a peace you cannot even explain, because it is not coming from your circumstances. It is coming from Him. *(pause)*

So real peace in daily life looks like this. Each morning, instead of picking up the worry, you hand Him the day. *(pause)* Through the day, when the anxiety creeps back — and it will — you give it to Him again. *"Cast all your anxiety on him,"* the Bible says, *"because he cares for you."* *(pause)*

It does not mean the troubles vanish. It means you no longer face them alone, and there is an anchor holding beneath you that the waves cannot reach. *(pause)*

And when you are simply worn out — and many of us know what that feels like — hear His gentlest invitation of all: *"Come to me, all you who are weary and burdened, and I will give you rest."* *(pause)*

That rest is offered to you today. Not when life calms down — *now*, as it is. Turn to Him, hand Him the weight, and let His peace do the guarding. *(pause)*

May that peace be yours, this day and every day. *(pause)*

Amen.

Closing Hymn — It Is Well with My Soul

When peace like a river attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.

It is well with my soul,
It is well, it is well with my soul.

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul.

It is well with my soul,
It is well, it is well with my soul.

And, Lord, haste the day when my faith shall be sight,
The clouds be rolled back as a scroll;
The trump shall resound, and the Lord shall descend,
Even so, it is well with my soul.

It is well with my soul,
It is well, it is well with my soul.