

#TargetPractice: What is true peace?

Have you ever felt like everything is going wrong? How does that make you feel inside?

Does it kind of feel like you are this orange being dropped in water?

(place a peeled orange into a container of water. It will sink)

What do you do when you feel like this?

We can always go to God in prayer and ask Him for help. We may not always get an answer right away. The situation may not even change. But when you pray and ask God for peace, it is like this orange with the peel still on it being dropped in water. *(place unpeeled orange into a container of water. It will float)* What happened?

The peel is like God's peace surrounding you and lifting you up out of the bad, sinking feelings. Even when things still may not be going well.

Paul wrote in Philippians 4:6-7, "**6 Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. 7 And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.** (ICB)

Last week, we talked about remembering how God always does what He says He will do. He is with us and helps us even when times are hard. Knowing this gives us **HOPE**. Then when we talk to God about our feelings, our needs, and thank Him for everything He does for us, He gives us **PEACE** even in the middle of hard things. It is something so amazing that it is hard to understand. Trusting God to take care of us and those around us provides **PEACE**.

So remember the orange. On its own, it sinks in water. But with the peel protecting it, it floats on the top. Trusting in God is like us having a 'peel' on us...lifting us up above feelings that could surround and defeat us.

True peace is not the absence of conflict, but the presence of Christ.