

# From the Family Room

**Creekwood Church of Christ**  
**Mobile, AL**

10 July, 2016

## Serenity



*Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.* John 14:27

*These things I have spoken to you, that in Me you may have peace. In the world you will<sup>1</sup> have tribulation; but be of good cheer, I have overcome the world.* John 16:33

*I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.* Psalms 4:8

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.* Philippians 4:6-7

Transitions are a part of life. A person goes through at least four transitions as a part of the natural aging process. This does not include graduating and moving on, marriage, the birth of children, changing jobs, moving to another city, dealing with teenagers, aging and death of parents, and changes in the lives of meaningful people in our lives. We must maneuver through these periods of uncertainty successfully in order to continue to grow and mature properly. That is often easier said than done. Looking back, it usually all makes sense. Looking forward into an uncertain future can create anxiety. In the language of whitewater rafting, some transitions are like Class V rapids while others are calmer Class II rapids.

Jesus knew we would deal with these transitions in the world. But as Christians we do not need to be anxious. Jesus has overcome the world. We do not need to fear the uncertainty of life. We can have a peace in Jesus that our friends in the world cannot understand.

Share this good news with your friends and family that may be anxious. They may not be aware of and cannot understand the peace we enjoy in Christ.

As we go through the storms of life, we all need to be encouraged and reminded of the blessings we enjoy in Christ. Paul was inspired to write in Philippians 4 that the antidote for anxiety is prayer. One of the things we can pray for is serenity. Serenity involves calm, peacefulness, composure, and tranquility. Reinhold Niebuhr is credited with writing the serenity prayer known by many. Listed below is a variation of his three line composition.

*Father, please grant me the grace to calmly accept with composure and peace of mind the things that cannot be changed. Please grant me the faith in You and the power of Your Spirit in me to have the courage to change the things that can be changed. Please grant me the wisdom to understand one from the other. Through Jesus Christ our Lord, Amen.*

I pray that this week we will all live lives of serenity. May your lives be filled with peace that Christ died to give us. Nothing on earth escapes transition. In times of transition let's build our hopes on things eternal. Let's hold tightly to God's unchanging hand.

**RICKY**