

A photograph of a forest with tall trees and autumn foliage. The trees are tall and slender, with their trunks reaching towards the top of the frame. The leaves are in various shades of orange, yellow, and green, indicating the autumn season. Sunlight filters through the canopy, creating a warm and dappled light effect. The ground is covered with fallen leaves and some green grass. The text "Day 2" is overlaid in a white serif font on the right side of the image, followed by a vertical red line.

Day 2 |

Read: John 14:27 (CEV)

"I give you peace, the kind of peace only I can give. It isn't like the peace this world can give. So don't be worried or afraid."

Reflect

Before Jesus went to the cross, he told his disciples what would happen. In John 14, they are worried and confused, but Jesus encourages them with the promise of the Holy Spirit and his all-sufficient peace.

In the Ancient Near Eastern culture, it was customary to wish someone "Shalom" or peace when one was leaving. But Jesus turns this common expression on its head here with his second sentence, "It isn't like the peace this world can give."

What does worldly peace look like? For many of us, it's the distraction of an iPhone or the latest Netflix series. Maybe it's even deliberate blindness or avoidance of a certain situation. Today, these unhealthy coping mechanisms are often mislabeled as peace, but they never truly quiet the unrest in our souls.

The peace Jesus gives isn't like the superficial peace the world offers. It is lasting, complete, and sufficient for every moment. It allows you to face disappointment, fear, or heartache with calm assurance, knowing that even in the middle of your storm, Jesus is with you. True peace is not based on circumstance, but on his presence.

That's what Jesus is promising here—his personal presence through the gift of the Holy Spirit. Though we don't have his physical body here with us, the Prince of Peace is within us!

Practice

Take time to consider what worldly distractions you turn to most often. Next time you reach for one, go to the Lord in prayer instead. Setting a physical reminder in place might help. For example, if Facebook or Instagram is your go-to, try deleting the app for a day.

Pray

Heavenly Father, thank you for the gift of the Holy Spirit and your everlasting peace. I recognize my tendency to look for peace in many other things, and their inability to quiet my heart the way you do. Help me to recognize these distractions more clearly and turn to you instead. In Jesus's name, Amen.

