

Peace, be still

by Rev Dan Balsdon | February 2021 | read online at www.revdanbalsdon.com

Relax. Still yourselves, find comfortable position.

You may want to close your eyes as well.

Become aware of your body, and your breathing.

...Breathing in, breathing out, breathing in, breathing out.

Now, make fist in one or both hands and Hold it as tight as you safely can.

As you hold it tight...reflect for a few moments?

Is there something you feel frustrated about today?

What is a source of tension for you at the moment?

Perhaps you're anxious or worried?

Maybe something that you feeling angry about?

Bring that thing, those things to mind.

One by one if it helps.

Think about how it makes you feel.

Perhaps how it makes you behave or how you act towards yourself or others because of it.

Now imagine it is in your fist.

Held tightly there, where it cannot get away.

Hold that frustration, that anxiety, that thing you are angry about

Feel the tension it is making. The tightness.

Now as you hold it, imagine you are joined by someone else.

Who comes and takes hold of your hands in theirs.

And you realise this someone else is Jesus.

Jesus comes and keels by you, places his hands around yours and says you are not carrying this alone. I am with you.

I feel your anger, your frustration, your anxiety. I am with you.

There was a time when my disciples got frustrated and anxious, some of them were angry at me.

I was resting at the back of the boat, and a storm whipped up.

The disciples were losing control of the boat, water splashing on the deck, and one of them woke me up and said – we're all going to drown!

I smiled at him, sat up, and gently spoke – 'peace, be still'.

The storm calmed, and the wind stopped blowing.

But I wasn't only speaking to the storm – I was also speaking to the disciples.

They needed to know peace and calm. They were panicked, anxious and fearful, and they needed to be reminded to be at peace, because they can trust me. I'm the Prince of Peace. I am the word that brought life into creation.

And now, dear one, I'm here for you, saying peace, be still to you.

You can trust me. I'm with you. I always have been, and always will be.

That doesn't mean life right now will ever be without its frustrations and tensions, but it does mean you'll never face them alone.

So when you're ready, released your clenched fists and let them relax.

Release the tension, the built up frustration, the anxiety.

stretch out your hands, and let them relax.

Hold your palms open, allow my peace to fill the space that is left.

Feel peace flow over you, calm encircle you, my love holding you.

Peace, be still. I am with you.