

My calm demeanor helps me bring the peace of God into the world

I marvel at people who seem unflappable even under the most agitating circumstances. They meet people and situations with steadiness and serenity, bringing a calm bearing that helps defuse tensions.

I can learn something important from these special ones. They are not calm because they never encounter troubling situations. They are calm despite them.

I want to claim their calmness as my own. I begin by realizing no matter what is happening in my life, I can choose my reaction. I use the affirmation *I am calm, I am at peace*. I repeat these words aloud and silently until they fill my mind, and I feel calmness permeate my soul. I no longer seek peace because I am peaceful.

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. - Matthew 11:28

Daily Word

Monday June 3, 2024