

minder and just be there, in Him, for Him to take control. He will, the moment you stop and stay in Him in expectant trust, knowing He is in charge so you needn't be. Then you can continue in relaxed restfulness in Him, even while doing whatever you need to do, as He accomplishes His good purposes in your circumstances under His control. There you can rest in Him in easy thankfulness.

### **Stop Trying to Fix Your World!**

This is more important than it sounds: by the Lord's enabling, leave others' follies as well as yours with the One in whose care they can be trusted. The horrid need to straighten people out is part of our desire to control.

Ultimately, we can't control our circumstances, and we certainly can't control or change other people. By God's grace, we can trust both to Him. Let Him be in charge. Only then can He guide us to any helpful action that will bring blessing into the situation.

Similarly, stop living to please people. Stop longing for their approval. Only so will you be able to live for His approval alone. To live for the approval of others is to live in constant distress. To live in the assurance of the Lord's approval by grace is constant joy.

For some of us these are huge changes! They are changes that, like all the others, only Christ in us is able to produce as His life becomes increasingly our life in actuality.

### **Peace Replaces Rebellion and Worry**

Loving, worshipful attention to our trustworthy God brings peace. It brings peace in place of the worry, hurry, and flurry that visit such pain and frustration on the human race. God lives in the domain of peace. Whenever our peace flees, we must return to the God of peace. We then allow Him to continue His transforming work that has been interrupted.

As we spend quality love time with Him, as we gladly accept as His love-gift all the circumstances He sends our way, as we thank Him that He is giving

us more of Himself in them, His peace is just one of the blessings He gives to us. The incapacity we feel to respond with spiritual rather than fleshly responses will gradually be replaced with a new capacity. His name will be honored in the whole process.

### **God's Timing**

I want to emphasize the word gradually and remind you that, above all, you must seek the Lord with patience. Many of us are so rebellious, independent, self-reliant, and proud that it takes God years to get a significant amount of our attention. In my case, it was fifty-one.

For many of us it seems to take years more for our dependence to be transferred to Him from ourselves to any great degree. But in these years we slowly learn about patiently seeking Him and resting content in His love.

Patiently let the Lord have your positive, receptive, submissive attention. By faith, seek to sacrifice everything back to God with contentment and thanksgiving. Abandon yourself ever more into His loving care. Wait on Him in quietness and peace. Respond to Him as fully as He enables, withholding nothing from Him.

You may be disappointed at your slow pace and even perceived failure. Instead of wallowing in self-pity or returning to frustration and anger toward God, turn quietly to Him at every recognition of your failure and need.

Then watch Him, surely if slowly, draw you to Himself. Watch as He transforms you into His likeness. Watch as the fruit of the Spirit is spontaneously formed within and evidenced in your relationships with others.

Observe Him increasingly reaching out through you with His love, even to the unlovely. His love shed abroad in your heart will inexorably cause you to serve God and man even at personal sacrifice. It will cause you to want Him to draw others to Himself that they may be helped and He may be praised.

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By: Pastor Ron Marr

*"I have learned, in whatever state I am, to be content. I know both how to be abased, and I know how to abound. Everywhere and in all things, I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."*

Philippians 4:11-13

Most mornings we are not awake for very long before something occurs we really dislike. We react negatively, resentfully, fearfully, angrily. We may think it doesn't show to the outside world, but we are already torn up internally.

We are discontented, upset, and unhappy. As the day goes on, frustration builds up until someone gets in our way, and then we let them know they're out of line! Somehow the littlest irritations produce the biggest reactions in us.

Oh, you don't act like that? Perhaps not overtly, but what goes on inside? You try to keep the emotions hidden, pretending they aren't there, which only compounds the hurt and the frustration you feel.

In addition are all the deadlines and demands that put us under so much pressure. We rush to get it all done, which just makes us more pressed and frustrated. As anxiety builds, we feel the tightness in the chest and the band around the head. Some of us get ulcers. All of us suffer, and so does everyone around us.

Where have our peace and happiness gone?

### **Another Environment**

We are in Christ. Paul said, "In Him we live and move and have our being" (Acts 17:28). However

## PEACE AND PATIENCE!

unpleasant our circumstances, if we have received the Lord Jesus Christ as our personal Savior, we are in Him. He is our primary environment, to the extent we allow.

God wants to take care of all our concerns. There's no need of turning anywhere else for safety, security, or supply. In Him we can rest secure. God's control and timing are perfect, so we have no need to hurry or to be anxious.

Being in Him is enough. We need nothing else, nothing more. We can be entirely content in Him, our perfect environment. We can relax.

### Instead of Hurry, Struggle, and Stress

We are so impatient, so demanding, so pushy that we push ourselves out of the way of God's good gifts, including Himself and His peace. The God to whom we need to give our loving, responsive, dependent attention in rest and peace is called "the God of patience" (Romans 15:5). He places more emphasis in His Word on patience than we remember.

*"Add to your faith virtue; and to virtue, knowledge; and to knowledge, temperance; and to temperance, patience; and to patience, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our LORD Jesus Christ."*

2 Peter 1:5-8 KJV

*"And not only so, but we glory in tribulations also, knowing that tribulation worketh patience; and patience experience; and experience, hope; and hope maketh not ashamed, because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."*

Romans 5:3-5 KJV

We need to let the Lord teach us to rest in Him in quiet confidence, to turn from the awful sin of impatient hurry, and to allow Him to be our patience and

contentment. As we do, we'll spend less frustrated effort on trying somehow, and often fruitlessly, to give Him our loving, responsive attention. We'll come nearer that place of constant abiding in Him and His love.

Be sure of this: this rest is not to be found by a forced activity of the will, but rather through an unresisting receptivity directed to the omnipotent God "in whom we live and move and have our being" (Acts 17:28). He offers us His rest freely. All we can do is receive it. He said, "My peace I give to you" (John 14:27). It is the peace of God that "surpasses all understanding" (Philippians 4:7). God's peace comes to us only in Himself. He is our rest as He is all else.

Look away from the upsetting circumstance to the faithful God. Let Him release you from your bondage to that unacceptable thing. Look away to Jesus. Let all your panic subside in His loving presence. When it tries to resurface, don't fight it. Just look to Jesus again. In quiet trust and resignation of spirit, passively accept the difficult circumstances as within His perfect providence for you.

Don't try to find reasons or solutions for the trouble. Just know He is capably in charge of the situation, so you don't have to be! Leave it with Him to resolve in His time and way. Believe Romans 8:28 as fully as He enables.

So when you can do no more, just look to Jesus. In your pain, crawl up into the Father's loving arms. Let the negative responses dissolve in His caring. Let them be replaced by thankfulness that He is your God, loving, in charge, working everything for your good.

### STOP!

Yes, STOP! Stop right where you are.

When you're mistreated, stop.  
When they expect too much of you, stop.  
When nobody cares, stop.  
When you're imposed upon, stop.  
When you hurt, stop.  
When you're overwhelmed, stop.  
When time is running out, stop.  
When everything goes wrong, stop.  
When you're anxious and worried, stop.  
When you're sick, stop.

When you're tired, stop.  
When you're frustrated, stop.  
When you're angry, stop.  
Whenever you realize you're rushing, stop!

When you stop, He's there for you. You're in Him. Right at that moment, you're in Him. You're already where you want and need to be, so you need not go anywhere else.

Why look elsewhere, especially to ourselves? What arrogant stupidity to try to care for all our multitudinous concerns when He who is infinitely capable wants to take care of all of them for us? Why run around all uptight about things being out of our control, when they're never out of His control? After all, He did promise to work all things together for our benefit, didn't He?

### This Is Victory

Christians are always looking for the elusive spiritual victory promised them, desperately searching for something that seems just out of reach.

Just quit! When you stop, He starts. Our God is a gentleman. In His grace, He will not elbow His way in where He isn't wanted. If you insist on taking care of everything yourself, He lets you try. Even though it pains Him that you choose to slight Him and hurt yourself, He allows you that choice.

When we try to care for things ourselves, when we won't stop to let Him take care of them for us, we show our mistrust of Him. We grieve His tender, loving heart. We suffer untold, unnecessary pain and distress.

When you stop, He starts. This is true victory. He is our victory as He is our life and all else we'll let Him be.

Is there anything so important you would rather grieve Him and live in torment than stop and let Him take control? Is there anything in the entire world you can handle better than can God?

If there isn't, then begin now to stop on every re-