



THURSDAY, DECEMBER 16

PHILIPPIANS 4:4-7

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, 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 your minds in Christ Jesus.

These words from Philippians are a balm for a weary mind and soul: experience the peace that surpasses all understanding. This is a peace that comes from God to us – to all of creation. A peace that only God can give and that is so big, so powerful, and yet – so still, so calming, that we simply cannot comprehend it. No matter how hard we try, we will never understand in our brains this peace that God gives. When we recognize that, we can stop trying to understand peace and instead live peace in our whole connected, embodied being. This living peace frees us from worry and everything else that gets in the way of simply loving God, our neighbors, and even ourselves. May you breathe in peace and then radiate that peace outwards to your neighbor in gentleness and kindness this Advent season. Amen.

*Marty Wyatt '12*  
*Luther Seminary 2021 Graduate*

**AUGSBURG**  
UNIVERSITY  
Campus Ministry

[www.augsburg.edu/campusministry](http://www.augsburg.edu/campusministry)