



CHRONIC JOY® DEVOTIONAL

PEACE THAT PREVAILS

By Lee Ann Zanon

I love the word *prevail*, especially when paired with peace. Knowing I can experience inner calm, even when chronic pain triggers anxiety, settles my soul.

When my chronic pain journey began, I assumed I would discover effective treatment and life would return to normal. I had already dealt with an array of difficult physical problems and had found ways to overcome them.

Now, more than four years later, pain has increased rather than diminished. Doubt and fear have become unwelcome companions, threatening to hold my heart hostage. This reality was magnified recently when my husband wanted to start planning an upcoming vacation. A surge of anxiety swirled within me, making it impossible to focus. I finally told him I couldn't talk about it.

As I prayed and pondered our conversation, I began to understand my response. I'd just experienced seven straight days of intense neck and jaw pain resulting from a trip to visit relatives. We had much fun, and I was thankful for our time away, but it came at a high price. I simply couldn't deal with the idea of future travel, even though it wouldn't happen for several months.

A little while later, the Holy Spirit prompted me to scan Chronic Joy's website for encouragement. I discovered a printable resource titled "Promise of Abundant Peace." Its honesty resonated with what I was feeling. "God's peace is available to us no matter how painful or hopeless our situation seems, yet while we long for peace, it often seems to elude us."



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"What Is Stealing Our Peace?" came next, naming aspects such as anxiety, chronic pain, and the future. Accompanying verses brought fresh hope. I wasn't alone or helpless. God was well able to restore my sense of well-being as I focused my mind on Him.

- *The Lord gives strength to His people; the Lord blesses His people with peace.* (Psalm 29:11)
- *Lord, You establish peace for us.* (Isaiah 26:12a)
- *Now may the Lord of peace Himself give you peace at all times and in every way.* (2 Thessalonians 3:16a)
- *Let the peace of Christ rule in your hearts ...* (Colossians 3:15a)

I breathed deeply and sensed God's tranquil assurance. I recalled His consistent and specific help, recently and in times past. The following day, I told my husband I was ready to discuss plans for the months ahead. That brought a smile to both of us!

"God's peace is resplendent with beauty ... untouched by circumstances and unscathed by chaos." (Chronic Joy's "Promise of Abundant Peace")

QUESTIONS TO PONDER

- What about your chronic pain or illness steals your peace?
- How do you process troubling thoughts or emotions that arise?
- What biblical truth can you turn to for help?

PRAYER

Thank You, Lord, for Your compassion. You understand my pain-related anxiety and invite me to bring it to You. I do so now, grateful that Your peace can prevail even when my struggles feel overwhelming. You are greater, and You are good. Amen.



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