



March 2022

**“And let the peace of Christ rule in your hearts, to which indeed you were called in the one body.
And be thankful.” ~ Colossians 3:15 ~**

There is much news and many issues for which we are concerned these days. Our human brain was designed by our creator to function the way it does and whenever we see anything that could harm us, our brain will process this information and tell us that a dangerous object, wild animal, or risky situation is approaching us. A certain degree of concern about the future helps us to plan for tomorrow. It keeps us safe from getting hurt if we are in a dangerous situation. It helps us plan for the next meal, or put in place a set of actions that will keep us in good health condition. But, it doesn't matter which dangerous risk we are facing, the word of the Lord tells us to let the peace of Christ rule in our hearts.

The peace of Christ has been given to us and we have the freedom to reject it or perhaps we have the opportunity to accept it. This peace of Christ first needs you to allow it to rule in your heart, but sometimes we don't want anyone or anything to rule our heart but ourselves. We have the fear that if we allow someone to rule our heart it will put us in a dangerous situation.

However, when you are in love with your spouse you accept the conditions and the terms of the covenant you share and to please one another in all that you have in common. It is the same way with the Lord. We are supposed to be in love with the Lord, so we are to surrender in submission to His will.

When the peace of Christ rules in your heart, you don't let external issues modify or change your temperament. This is what happens when the peace of Christ rules in your heart. First, you enjoy everything that is happening around you because you see the providence of God working in your favor. Second, you feel content with whatever is happening in your life because God is molding and shaping your desires and character so that you could be useful for all his good work in Christ. Third, you would not allow the external conditions in the world to determine your internal emotions or feelings because the peace of Christ rules over your heart and mind. Remember, you were called to be a member of one body. You are part of the body of Christ.

The integration of becoming and feeling that you are part of the body of Christ takes time. We must embrace His invitation and be thankful. The right attitude and being thankful to God changes your behavior toward other people. It helps you not to be influenced by anyone else who has the wrong attitude toward you.

Sidney Harris, a journalist, tells us a very interesting story. One day he went with a friend to buy a newspaper at a place his friend was used to going to. When they got to the place, his friend greeted the salesman very politely and warmly, asked for the newspaper and paid for it. But the salesman answered him in very a rude manner and seemed very irritated when he handed him the paper. Sidney smiled as they walked away from the newspaper stand and he asked his friend, “Does this newspaper salesman always behave the same way, with so much anger on his face?” “Yes,” his friend answered, “very often he behaves this way.” “Then, why are you so friendly with a person like him?” “Very simple. Because I don't want to allow him to decide how I should behave or feel.” He said, “We are the one who decides when, where, in what form, and with whom we are going to demonstrate how we feel.”

It is essential to take control of the emotional energy of our being. It is very dangerous to leave in the hands of others the way we feel or to allow external circumstances to dictate how we respond to others. It is important to keep emotional balance in our daily routine, but to accomplish this we must decide what type of person we want to be...even though it may not be easy.

I wish you to have a wonderful Lenten season in the company of your loved ones. The offering collected during Easter will be going to the Gochenaur family to help with Gavin's expenses.

Pastor Rey Díaz