

Women's Ministries Monthly Self Care Corner

A Woman's Guide to Finding Beauty in Peace

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For, "whoever would love life and see good days...must seek peace and pursue it." 1 Peter 3:10-11

A women we are already inundated by societal factors of genderism, patriarchy and other traditional roles ascribed to us. Women inevitably will face challenges that may pose threats to their emotional, physical and spiritual wellbeing and as a result will need tools and resources which can be used to cope or more so overcome these challenges. A very important part of practicing self-care is achieving, practicing and maintaining peace. Being a mother of four children, age twelve years and under, often it seems like an uphill task to finding peace. The constant hustle and bustle of this journey called life requires an active involvement in the lives of my children and other family members. So, I often wonder where, when and how I may find peace. Why does the state of peace and tranquility at times seems like an illusion? It may not seem as difficult as it sounds but I am referring to peace that refers to a state of tranquility or free from disturbance. A state of calm which allows one to perform specific roles at their best in any circumstance. Have you achieved this peace that transcends all understanding or are you searching for such sweet peace?

Philippians 4:6-7 states "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus". Imagine being in a state in which nothing that this life throws at you can take away your peace. A peaceful environment is critical as it provides a haven for women who face a constant attack while living within this reality. It is important to address and reflect on a few invaluable steps that may limit the levels of stress and anxiety being faced by women. There are a few steps women can take to find and maintain peace. Some of these steps are but are not limited to the following:

Pray. Find time to have a conversation with God. This may be when everyone in your household is asleep or when you are alone in your car while you are in traffic. Make the time, you will be happy you did.

Forgive. "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13. Make every effort to live peacefully

with everyone and do good. It is better to be patient and practice self-control to maintain the inner calm and confidence that is achieved through this practice.

Keep the Sabbath faithfully. “Great peace has those who love your law, and nothing can make them stumble” Psalm 119:165. Resting from routine activities during Sabbath hours intentionally will help you attain a peace of mind, body and spirit.

Speak positively to yourself. God does not promise us a life free of pain and hardship, but He does provide the strength to endure any struggle and the peace to overcome any fear. Do not perpetuate negative thinking to self, be kind to yourself, be your own cheerleader and not wait for others to validate you because that may never come.

Check in daily with self. Do not ignore the dashboard light. When your car is about to go on empty, you see a warning light. You can choose to ignore the light and face the consequence of getting stranded somewhere or you can refuel. Listen to your body and pay keen attention to the warning signs. We are fearfully and wonderfully made, and God has installed in us features that let us know before we get into a crisis so we can maintain our peace.

Anticipate changes. Being aware of changes in your environment or in your body will enable you to manage your response to these changes as well as prepare people around you in advance. Providing awareness to those around you and having important conversations with the individuals closest to you especially your loved ones is important in not only achieving peace but also maintaining it. You control your attitude and your actions towards these changes.

Always remember a life in Christ is a life of restfulness...there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. (Steps to Christ, p. 70-71)