

Peace: Being Whole and Holy

Ready:

"Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful." - John 14:27

Set

Ever heard an athlete say they're "playing hurt"? I get it. For years Clayton Kershaw, Ray Lewis, Maria Sharapova, Kobe Bryant, Drew Brees and I played hurt with rotator cuff injuries. In 2023, I finally had mine repaired. Afterwards, wholeness was restored by months of stretching and strength therapy.

That's what biblical "peace" is about. The Greek word for peace (eirēnē) doesn't mean "no conflict". It means wholeness. Peace happens when the torn pieces of our lives mend together—even stronger than before. It's fruit that the Holy Spirit grows in you as the damage of sin, setbacks, or stress are healed (Gal 5:22-23).

Jesus knew His disciples would be torn by fear, betrayal, and confusion when He was crucified hours later. That's why He promised them peace—not freedom from pain, but peace that would keep them strong in the middle of it (Jn 14:27).

Wholeness to Holiness

Jesus didn't just speak peace—He commanded it. He said, "Don't let your heart be troubled or fearful." The beauty of the Greek language tells us two things about His command.

First, He commands each of us to choose peace again and again. Take charge of your own heart—for your sake and with the Spirit's help.

Second, Jesus commanded the entire Team. He calls His Team to strengthen the hearts of others. When you trust God's peace and live whole, you inspire others to become whole, too.

That's where wholeness becomes holiness. Healed lives that are made whole by the Spirit are set apart (i.e., made holy) for Christ. Peace separates you from the crowd. You stand out. You play differently. You live differently. Whole leaders inspire others to become whole, too.

Go

- What areas of your life feel "torn" or in need of spiritual rehab?
- How is God calling you to trust His process toward wholeness?
- How can peace (i.e., wholeness) help you live set apart (i.e., holy) for Christ?

Workout

Matthew 5:16

1 Corinthians 14:33

Ephesians 6:15

Overtime

"My God and my Coach, I never considered that *peace* was healing, wholeness and strength. Help *peace* grow in my life today. Make me holy and set apart for today's challenges. Let me encourage others to seek your peace and wholeness. Let me shine today. Amen"



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
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