

## **Peace In The Midst of Chaos**

### **Ready:**

“Peace I leave with you. My Peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful.” - John 14:27

### **Set**

Having spent the first ten years of my life with an undiagnosed case of Tourette Syndrome—a neurological disorder characterized by uncontrollable physical and verbal tics—I did not experience a lot of peace. Yet even though my life often felt chaotic, I knew I could always count on one person to provide calm and stability—my grandmother.

Nana’s sense of peace was powerful because it came from her faith in the Lord. Through her, God revealed His love for me as well. It wasn’t long before I followed in her footsteps. I wanted the same kind of faith and peace she had, and that is exactly what God gave me.

Living with Tourette’s is not easy, but God has blessed me with the gift of athleticism and has done some powerful things in my life through the combination of these two gifts. He has helped me in my long-term success as a professional soccer player in the English Premier League and U.S. National Team; and He also has shown me ways to use my position as a professional athlete to encourage others with Tourette Syndrome.

Today, I am blessed to be living my dream. Yet, if my soccer career went away tomorrow, I know I would still have peace. That probably sounds crazy to most people, but that’s the kind of peace Christ gives. It is rooted in His love and it surpasses all understanding.

The disciples once learned a lesson about peace during an eventful boat ride. In Mark 4, they were crossing a lake with Jesus when a severe storm arose. The disciples feared for their lives, yet, among the chaos, Jesus slept calmly. When they woke Him, Jesus commanded the wind and the sea to “be still!” and there was peace. That is what He can do in our lives. Among our storms and our chaos, Jesus provides peace.

You can experience this same sense of love and peace, too. All you have to do is ask for it.

### **Go**

- When do you struggle to find peace as a competitor for Christ?
- What are you not believing about God in those times?

- Read the passages below to discover the peace that only Jesus provides and ask Him to help you believe Him.

### **Workout**

- Mark 4:35-41
- Galatians 5:22-23
- Philippians 4:6-7

### **Bible Reference:**

Mark 4:35-41

Galatians 5:22-23

Philippians 4:6-7



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