

LEA Weekly Devotion

Eyes, Minds & Hearts series for 2019

Week of April 7, 2019

Read this first: [John 14:1–31](#)

Take Heart

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid” (John 14:27).

Take heart: Easy to say—especially to others. Hard to do—especially for you. How hard it is to find peace in your heart when your eyes see what’s going on around you and when your mind explores every dark alley it can imagine! This plight is common to many, particularly when the peace so seriously sought involves personal preferences and desires.

Seeking peace aside from God’s version of it remains a futile exercise. You can thank Adam and Eve for that. You can thank the rebellious children of Israel for that. You can thank yourself for that too. And while you’re growling your gratitude, reserve the biggest snarl for Satan. Sin ruins any chance of human-initiated peace, all the way from world proportions to sibling scale.

Good thing Jesus clearly stated the quality and origin of godly peace, as you read in today’s Scripture. His peace isn’t found in philosophy, learning, self-help books, pills, well-meaning advisors, or monastic tendencies. Those who think peace is attainable from sources other than the power of God, the love of Jesus, and the counsel of the Spirit delude and deceive themselves.

But don’t abandon your bidding, “Take heart” to others. Just provide them with a spiritual stethoscope to identify the Heart-Throb who loves them beyond human capacity. Help them see how repentance is good heart medicine and how the subsequent forgiveness fortifies them to face sin’s future heart attacks.

And don’t forget yourself. Take heart the same way you teach others to do it. Jesus’ healing may not involve tasty medicine and relief from all misery, but you do have the blessing of knowing that He will always (and I do mean ALWAYS) be with you.

SO... take heart—and take it from a Friend. While you’re at it, [do a little toe-tapping too](#).

Questions for Reflection:

- When are you most likely to lose heart?
- How do you take your divinely prescribed heart medicine?

- How do you keep from sounding patronizing when you bid others to take heart?

Written by Edward Grube, LL.D.
Director of Publications & Communications
© 2019 Lutheran Education Association

Quoted Scripture: [ESV®](#)

Read this devotion in PDF.

[Access the library of devotions](#)

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen. (Jude 24–25)