

Relaxation, how do I get there?

Relaxation is a by-product of peace.

Without experiencing peace in one's life, relaxation can never be truly archived. In this world we will have troubles! These things I have spoken unto you, that in Me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world, [John 16:33](#).

Picture a battle field, the bombs are dropping, you don't know where or when the next one will drop, or if there will be a next one. In this situation, there is no peace and at that moment it would be foolish to relax. Scripture says that in this life we are in a spiritual battle.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places, [Ephesians 6:12](#).

We are in a spiritual battle.

Even though we encounter spiritual warfare in this world, the Lord has made provision for us to be at peace in a time of warfare. The book of Ephesians talks of putting on , [the armor of God](#) so that we may be able to stand against the wiles of the devil. The belt of truth, the breastplate of righteousness, *having your feet shod with the preparation of the gospel of peace*; Taking up the shield of faith, the helmet of salvation and the sword of the Spirit, [Ephesians 6:14-17](#).

How then do we find relaxation?

Since we cannot rely on this world to provide us with true peace, we must turn to the Lord's peace that He gives. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus, [Philippians 4:7](#).

We may not be able to logically explain this peace, it does not compute with human logic, to be at peace in time of turmoil. However, if one has assurance of their salvation and trusts in the Lord, knowing that He is a good God and knowing that His Word is true, For I know the thoughts that I think toward you, says the LORD, thoughts of peace, and not of evil, to give you an expected end, [Jeremiah 29:11](#).

With this unexplainable peace, relaxation and health will then follow. The way that we get there is by reading, meditation and believing God's Word.

