

When the Devil Tries to Frazzle You, Run to This Truth About Jesus

One morning last week, I dragged myself out of bed, filled my coffee cup and reluctantly hit my knees to start my time of prayer and praise. Honestly, I was a bit tired and had a million concerns on my heart—in other words, I felt worried.

I scrolled through the songs on my iPhone and played a recent download by Natalie Grant and the Belonging Company called, “Isn’t He (This Jesus).” I listened and focused my worship on praising Jesus Christ for His character traits. As I worshipped, my worries lifted, and peace captured my heart. It’s really impossible to praise Jesus and worry at the same time, isn’t it? When I focus on His almighty nature, worries and fears seem to shrink, and my faith in His goodness grows. I believe this is one of the reasons God invites us to worship Him in the first place. He is so captivating!

In light of that song, I decided that over the next few weeks I’d look at one aspect of Christ’s nature each Monday on my blog. Hopefully these short blog posts will encourage your heart and help you fall more deeply in love with Jesus.

The Prince of Peace is one of my favorite titles for Jesus. The prophet Isaiah first used this name for Him, writing, “His name shall be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace” (Isa. 9:6b). It seems we focus on this verse most often at Christmas time, but I know I need a Jesus who is my Prince of Peace all year long! What about you?

When I think of Jesus as the Prince of Peace, several pictures come to my mind:

I see Jesus calming the wind and waves with one rebuke (Mark

4:35-41). Jesus speaks, and instantly the sea becomes quiet and still. As the Prince of Peace, He can calm the storms in my heart with just a word. He is able to bring every tumultuous wave of worry to placid stillness.

I see Jesus sitting by himself quietly enjoying the Father's presence. Though the disciples are putting pressure on Jesus to get moving, Jesus doesn't over-explain or become defensive (Mark 1:35-39). He doesn't get frantic or frazzled. He doesn't allow the expectations of the disciples to drive His ministry. He simply says, "Let us go into the nearby towns, that I may preach there also. For that is why I have come" (Mark 1:38b).

I love this picture of Jesus because, honestly—just between you and me—sometimes the expectations of others make me feel a bit crazy. But when I feel frantic or frazzled, I need to remember the Prince of Peace; He is ready and willing to remind me that I need to be driven by His voice alone. He is able to hush my anxiety with His presence as I do what He's called me to do.

I see Jesus inviting His tired followers to "'Come away by yourselves to a remote place and rest a while'" (Mark 6:31). Ah, doesn't that sound nice? Remote place. Rest. Just enjoying the Prince of Peace. Here's the thing: Sometimes we're our own worst enemy, and we allow ourselves to become so busy that we live on a continual adrenaline rush. There sits Jesus inviting, not scolding, simply inviting, "Come, by yourself. Get some rest."

Friend, may I encourage you? Spend a few moments focusing your thoughts on Jesus as your Prince of Peace. Allow His peace to rule in your heart. Praise and thank Him that peace is His plan for your life. The next time you feel frantic or frazzled, go for a walk and simply worship Him for being the Prince of Peace. Consider, "He's my Prince of Peace—why am I worried?" {eoa}

Becky Harling, an author, certified speaker, leadership coach and trainer with the John Maxwell Team, is an energetic and motivational international speaker inspiring audiences to overcome their greatest life challenges and reach their full God-given potential. Her most recent book is *How to Listen So People Will Talk*. Her husband, Steve Harling, is the president of *Reach Beyond*, a nonprofit organization seeking to be the voice and hands of Jesus around the world. Connect with Becky at [BeckyHarling.com](#), Facebook or Twitter.

This article originally appeared at [BeckyHarling.com](#).