

Volume 3 – Day 26: Control Freak or Stress Free

Having been born to be control freaks, we have great difficulty letting God be in control, or anyone else, for that matter. Yet, control issues are the predominant ones leading to stress and unbecoming behaviors. One of my own pastors once said, “The comfort of God is wrapped in my release of my control over my life.” Later God added to this, “*and the lives of others.*” So a major element of a life abandoned to intimacy with God is the release of all control to God.

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As long as I tried to maintain control over this or that, I lived with a pretty great measure of stress. This stress turned my concern for matters into worry, anxiety, guilt, shame and sometimes even fear. So I began to equate *comfort* with *peace* and reworded my pastor’s statement. “The **peace** of God is wrapped in my **release** of my control over my life and the lives of others.” This one phrase has been a daily practice for me ever since.

Many pray for peace. We pray for peace among family and friends. We desire peace with those in our communities. We strive to bring peace to the whole world. Yet, peace eludes us, both locally and globally. The reason for this is most of us want others to be at peace with us, while we refuse to be at peace with them. The starting point for all negotiations for peace is to disclose our unique points of view in a respectful manner. But peace only, ever comes when both parties are willing to accept the other without any conditions for change, when compromise is not an option.

When I can accept you without expecting you to change anything, I have peace. Even if you choose not to accept me in return! **My peace is not dependent upon anyone else. It is my choice!**

DEEPER Every Day -- John Henry Alan