



“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
(Philippians 4:7 NRSV)

Escape.

According to many novels and films about incarcerated prisoners, *escape* is what occupies the mind of those whose freedom has been taken away the most.

However, when Paul the Apostle wrote the letter to the Philippians while he was in jail, he did not appear to be obsessed with *escape*. How is it possible for someone in prison to talk about joy, gratitude and peace?

There are many kinds of prison: emotional, financial, social and political, among others.

They have to do with realities imposed on us by others or by the decisions we make.

They are realities that oppress us, are beyond our control and therefore we cannot change them.

Is it possible to find **peace** and **joy** even in the midst of situations that cannot be resolved?

Paul urges us not to focus on *escape*, to not be obsessed with that which we cannot change. Focussing on the person of Jesus and unloading our anxiety on Jesus produces the **peace** that surpasses all understanding.

Placing Jesus in the centre is the best way to celebrate **Peace Sunday**.



In Christ,

César García,
MWC general secretary

This message was first written in 2019. Its message of peace still rings true today.



We are Family! Participating in God's family

[Download Peace Sunday worship resource](#)

Jesus is the centre of our faith as Anabaptists. Please consider a gift to MWC today as together we centre our focus on God's peace amid the trials of our lives.

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