

16 Reminders To Help You Choose Peace Over Fear



Election season, anger in our social media feeds, violence in the news ... all these things can lead to anxiety, fear, and even hopelessness. So, how do we navigate the creeping sense of dread that threatens during moments like this?

Recently, author Brant Hansen joined us to talk about being at peace during election season (or any other season, really!).

Brant shared 16 reminders to help us choose peace over fear.

One

God is not **anxious**.

He's not worried. Ever. And He tells us we needn't be worried ([Luke 12:29](#)). He's not naive either; He knows more than we do.

Two

What we pay attention to determines who we **become**.

If we pay attention primarily to newsfeeds, then we'll likely be anxious. Jesus offers us the gift of peace. Peace will not come by scrolling social media or news outlets. ([See Isaiah 26:3](#))

Three

There is **nothing** truly new under the sun ([Ecclesiastes 1:9](#)).

Scripture is written to people in all sorts of horribly difficult situations, from exile to persecution. And consistently, we are told we needn't be fearful. The same applies now

Four

We have to be **FOR** people ... even our enemies.

Blessing our enemies is at the heart of following Jesus ([Matthew 5:44](#)). When we do this, we'll find we are less anxious.

Five

Remember the very real battle.

It's not against other people; it's a very real conflict of spiritual powers ([Ephesians 6:12](#)). It's easier to have compassion for deceived people when we are aware of this.

Six

Praying for and **blessing** our enemies and refusing to return insult for insult is the way of Jesus.

And that way is better ([see 1 Peter 3:8-9](#)). We can do what needs to be done and say what needs to be said, all while praying for our enemies. It will change the way we express ourselves. The way we say things matters. And whatever we do with our anger, we can do better without it.



Seven

This is when the “trust” thing matters!

We often talk about trusting God and having real faith in Him. Just like when Jesus took his followers out on boats and a storm hit ([Matthew 8:23-27](#))—that’s when we find out if we really mean it!

Eight

Capture your thoughts.

You can really do this. Like when David stops himself to say, “Why, my soul, are you downcast? Put your hope in God” (Psalm 43:5 NIV). Or, “When I am afraid, I put my trust in you” ([Psalm 56:3](#)).

Feeling anxious? Fair enough. Acknowledge it, and then apply the next reminder...

Nine

Convert your thoughts to gratitude.

Philippians 4:4-7 (NIV) is genius. Paul wrote it to believers under great stress in Philippi...

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Yes! Tell God what you need, and then be done with it. Now, turn your thoughts to gratitude and watch what happens next: peace that transcends everything else ... even the news.

Ten

Real joy isn’t about a feeling. It’s a pervasive sense of well-being, regardless of circumstances.

No matter what happens around us, the sense of well-being is there. It comes from following the way of Jesus, interacting with God, trusting Him, and obeying Him by —among other things—praying for those who hate us ([Luke 6:27-28](#)).

Eleven

God’s kingdom isn’t going anywhere.

Nations rise and fall, yet His kingdom is unshaken. If I’m living in that kingdom, well, I’m safe ([see Psalm 91](#)). That’s a fact, and He keeps telling us that in Scripture. And speaking of that...

Twelve

Memorize Scripture.

Commit it to memory, so you can—anywhere and anytime!—swap out anxious thoughts for the beautiful, peaceful, and deeply true ([Luke 11:28](#)). You’ll be paying attention to the right things, which shape who you are becoming.

Thirteen

Spiritual transformation is THE answer.

Everything else, however important, is temporary. And spiritual transformation starts with us (through the Holy Spirit). Period. There’s no getting around this. We are to be transformed into His image to become more like Him ([2 Corinthians 3:18](#)).



Fourteen

Nothing surprises God.

Jesus was direct about it: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33 NIV).

He knows how this all ends. And He tells us we don’t need to worry any more than flowers do ([Matthew 6:28](#)).

Fifteen

Again ... since God is **NOT** worried, worry is **NOT** an effective use of time.

Make something beautiful today. “This is the day the LORD has made. We **will** rejoice and be glad in it” (Psalm 118:24 NLT, emphasis mine).

Sixteen

We are supposed to be a people who are so weirdly **hopeful** that others ask us about it!

“Wait, how can you be so hopeful? Where does that come from?”

Matthew 5:16 reminds us to “let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Even in the midst of tumult. Especially in the midst of tumult.

This is when it matters most. Let’s do this.

Brant Hansen is an author, nationally syndicated radio host, and advocate for healing children through CURE International. His first book, Unoffendable, has prompted a national discussion on the idea of forgiveness, and our culture’s embrace of self-righteous anger. His latest book, about living with peace, is called [Life is Hard, God is Good, Let’s Dance](#).

