



The Peace God Promises: Closing the Gap Between What You Experience and What You Long For

Ann Spangler

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If God has promised to give us the “peace that passes understanding,” why do we sometimes feel so anxious? What are we so afraid of? Are there ways of living that lead to peace? Conversely, are there ways of thinking and acting that lead to anxiety and a conflicted life? How does Jesus embody peace and where did his peace come from? *The Peace God Promises* sets our longings for peace beside God’s promise to provide it. In her desire to experience greater peace, bestselling author Ann Spangler probes these and other questions. Exploring the stories that shape us, the memories that define us, and the relationships that connect us, she looks for ways to help us become more peaceful. What can we learn from Scripture, from Jewish tradition, from the Amish and others about rest, simplicity, healing, and peace? The stories she shares and the answers she discovers may surprise you. If you put them into practice, they may even transform you, enabling you to experience the peace God wants you to have.

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