



Pathway
of Peace



Pathway
of Peace

Pools of Reflection

RACHEL HICKSON

MONARCH
BOOKS

OXFORD, UK, & GRAND RAPIDS, MICHIGAN

Copyright © 2010 by Rachel Hickson

The right of Rachel Hickson to be identified as author of this work has been asserted by her in accordance with the Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval system, without permission in writing from the publisher.

First published in the UK in 2010 by Monarch Books
(a publishing imprint of Lion Hudson plc),
Wilkinson House, Jordan Hill Road, Oxford OX2 8DR.
Tel: +44 (0)1865 302750 Fax: +44 (0)1865 302757
Email: monarch@lionhudson.com
www.lionhudson.com

ISBN: 978 1 85424 969 2

Distributed by:

UK: Marston Book Services Ltd, PO Box 269, Abingdon, Oxon OX14 4YN;
USA: Kregel Publications, PO Box 2607, Grand Rapids, Michigan 49501

Unless otherwise stated, Scripture quotations are taken from the Holy Bible, New International Version, © 1973, 1978, 1984 by the International Bible Society. Used by permission of Hodder & Stoughton Ltd. All rights reserved.

Photographs courtesy of: p. 28 Chris Atkinson; p. 63 Christine Chouler; pp. 7, 13, 15, 16, 22, 35, 49, 50, 57, 59, 71, 77, 78-79, 83, 93, 94, 95, 99, 103, 113, 114-115, 119, 121, 136 Roger Chouler; p. 40 Simon Cox; pp. 32, 42, 75, 133, 143, 153 Andrew King; pp. 8, 9, 10, 19, 24-25, 30, 37, 55, 65, 67, 68, 86, 111, 130, 132, 134-135, 138-139, 140, 147, 155, 156, 158-159, 160 Gordon Hickson; pp. 26, 39, 61, 89, 91, 117, 125, 127 Estelle Lobban; pp. 104-5 Nick Rous; p. 46 Suzanne Tietjen; pp. 20, 44, 53, 80, 109, 149 Nigel Ward

British Library Cataloguing Data

A catalogue record for this book is available from the British Library.

Printed and bound in China.

DEDICATION

I dedicate this book to Leila Sienna Paige Douglass, my first grandchild, who has reminded me of the beauty of abandoned trust, rest and sleep, even as a baby! You are amazing, so adorable and I love watching you sleep and rest. May you know the deep love of Jesus in your life always as you discover how to walk on your “Pathway of Peace”.

ACKNOWLEDGMENTS

Thank you to each of my friends who have recognized my need and enabled me to find a quiet space to recharge again. Thank you for your care that ensures I do not get exhausted and burned out but remain fresh and passionate as I minister.

Thank you Gordon, my precious husband, for filling the gap in our home and giving me time to reflect, dream and write.

There are so many people who have influenced my life and encouraged me to write and share my story. Thank you to each one of you who has shared your testimony, encouraged me when I speak or shared your life with me. This book has been written because of you.

I also want to thank Tony Collins, of Lion Hudson, for his easy manner and encouraging attitude as we have discussed how to publish this book. It has been a joy to work with you – thank you!

Lastly I owe a debt of thanks to Helen Azer and others who have read, commented on and corrected the script. They have helped me write, examined my spelling, corrected my grammar and enabled me to sound intelligent. Thank you for all your reading time!

Finally, thank *you* for buying this book.

I hope it will be a tool to help fulfil your desire to take time to hear God and relax in His presence. So find a good cup of coffee, get comfortable and begin your journey on this PATHWAY OF PEACE!



Introduction




He will... shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace.

LUKE 1:79

This set of reflections has been written to help you focus on the priorities of your life as you take time to be with God. During these days allow God to touch your heart and position your feet on this path of peace. You need to make a decision that you will make time to eat the word of God and let it focus your life and your future. Maybe you have begun to feel overwhelmed by the pressures of life and you just need to stop, slow down and hear God. Perhaps life has just become frantic, and so busy, that you feel you are only just surviving and you are fearful that you will soon fall





apart! Whatever the issue, you have a desire to connect with God again in a real way and find a new rhythm for your life. This set of meditations has been written especially for you and people who feel pressured and weary. These notes will encourage you to find that time to be still and refreshed in the presence of God.

Experts tell us that it takes three weeks of concerted effort to change a negative pattern of behaviour, and a total of six weeks to establish a new positive alternative. So, this will be forty days (six weeks) of “medicine” from the word of God specifically designed to help you re-establish a more healthy rhythm of life and challenge your areas of stress. For many of us life has become so demanding that we forget how to become still in the presence of God and just listen and receive. As you spend time in the word of God, I believe you can renew your mind and bring your life into alignment with the peace of God.

So let us pray:

“Father, I believe that as I take time to be apart with you, you will reward me with your presence and peace. Teach me to listen and be still and not be anxious!

Father, I trust you to meet with me. I thank you that you are a talking God and you will meet with me as I take time to connect with you. Let me know you more deeply over these days as I start a new journey of discovery.

Thank you, Father, for the Pathway of Peace for my life – today I set my feet on this path and expect to find you!

Thank you, Father! Amen.”

So what is the next step? These meditations have been written as a forty-day series, with a new focus for your meditation each week. Each of these topics is a pool of reflection along your journey of peace, where God will touch and communicate with you about your life.

The six topics are as follows:

Week 1 – Absorb His Peace

Week 2 – Awakened by His Voice

Week 3 – Avoid All Distractions

Week 4 – Activate New Thinking

Week 5 – Anchored in His Love

Week 6 – Advance with New Strength

Each day we will read a portion of Scripture, meditate on

a thought for reflection and then focus and pray a prayer of confession. You should try to find a place where you can be alone and relax as you do this. If possible deal with any situation that could interrupt you first, turn your phone off and give yourself a moment of time without pressures! Later in the week find time to read all the words for the complete topic at one time and let the revelation of the week saturate your spirit.

I believe that as you do this, you will watch the word of God begin to refresh your inner being and rejuvenate your capacity. The word will help you recover and take back what the enemy has stolen through your stress and anxiety. It will enable you to think clearly and you will walk out of this season feeling that your life has been revived!

So let us begin to walk on His path of peace for our lives...

Rachel Hickson

