

A Quiet Strength

Reflection

Peter speaks about the beauty of a gentle and quiet spirit. This does not mean weakness or silence, but a spirit marked by peace, humility, and trust in God. True strength is often displayed through patience and self-control.

Illustration

Deep rivers often flow quietly while shallow streams make the most noise. Strength does not always need to announce itself loudly.

Application

Consider how you respond under stress or frustration. Ask God to help you develop a calm and steady spirit that reflects trust in Him.

Prayer

Lord, help me to walk in humility and self-control. May my spirit reflect the peace that comes from trusting You.