



Anthem: Peace Like a River

Spiritual / Arranged by Charles Kirby

**“...patience is essential to daily life—and might be key to a happy one.” Kira M Newman**

**James 5:7a Be patient, then brothers, until the Lord’s coming.**

**James 5:9 Don’t grumble against each other or you will be judged.**

As James wrote these words, Christians were expecting the eminent second coming of Christ. James is encouraging believers to be patient as they waited and to be patient with one another in the face of suffering.

Footnote *Disciple’s Study Bible*

Christians continue to await the second coming of Jesus. Fear and fretfulness could easily develop with the suffering and evil so evident in the world. James’ call for patience is still an important one for Christians today.

In an article for *Greater Good Magazine*, Kira Newman wrote, “Religions and philosophers have long praised the virtue of patience; now researchers are starting to do so as well.” Newman went on to report the findings of a study by Professor Sarah A. Schnitker and Professor Robert Emmons which include the following points.

1. Patient people enjoy better mental health.
2. Patient people are better friends and neighbors.
3. Patience helps us achieve our goals.
4. Patience is linked to good health.

from [https://greatergood.berkeley.edu/article/item/four reasons to cultivate patience](https://greatergood.berkeley.edu/article/item/four_reasons_to_cultivate_patience)

The benefits of patience noted in the professors’ research may also be identified from Scripture as peace, love, and joy. These characteristics are the focus of the text of the anthem “Peace Life a River.”

**Prayer: Heavenly Father, I pray for patience that is beneficial to others and myself in this world that seems so impatient. May I show the kind of love, peace, and joy that can be seen and felt through kindness, cheerfulness, and a calming nature.**

Anthem Lyrics:

I’ve got peace like a river in my soul.

I’ve got love like a river in my soul.

I’ve got joy like a river in my soul.

I’ve got peace, love and joy in my soul.