

THERE IS PEACE IN A PLAN**By C.C. Simpson**

It is Sunday night, and your mind will not settle. The week ahead is circling: the client call you have not prepared for yet, the hire you need to make, the invoice nobody has followed up on, the conversation with your son you keep postponing. None of it is written anywhere. All of it is running loose in your head, and your head is the worst possible place to store it. So, you lie in bed doing inventory in the dark.

Then you get up, take a legal pad, and write it down. Fifteen minutes later, the work has not shrunk by an ounce. But something in your chest has loosened. Your mind finally took a picture of what is coming, and now it can stop straining to hold the whole thing at once.

That relief is not a productivity trick. It is spiritual. "For God is not a God of confusion but of peace" (1 Corinthians 14:33). Order is part of His character, and He built His children to breathe in it. When we live inside order, we are inhabiting the same sphere God does. That is where peace comes from.

Watch how Jesus Christ handled the largest logistical problem of His ministry. Five thousand men, plus women and children, and no food. He was about to multiply bread out of nothing, so He had every excuse to skip the process. Instead, "Then He commanded them all to sit down in groups on the green grass. So they sat down in groups, by hundreds and by fifties" (Mark 6:39-40). Rows. Counted. Seated. Then Jesus performed the miracle.

Think about what He prevented: A mob rushing a boy's lunch basket. The strong being fed and the weak sent home empty. What happened instead was that every person sat still long enough to receive what they needed. If Jesus refused to work in chaos, why do we keep insisting on it?

Many of us have made chaos our normal rhythm. We jump from one thing to the next and call it "drive." We wear our hectic pace like a credential. But most of the people living that way are visibly exhausted, reacting tensely with their families and being one bad week from breaking.

A written plan will not remove the urgency from your work. Deadlines will still be deadlines. But it will provide you with a peace that only arrives when the swirl comes out of your head and onto paper. Here are three things you can do this week:

Get it out of your head before Monday starts. Anything that exists only in your mind is charging rent on your attention around the clock. Write it down in one place you actually trust.

Put it in sequence. Step one, step two, step three. "The heart of man plans his way, but the Lord establishes his steps" (Proverbs 16:9). You don't control the outcome, and God rarely

shows you what is buried inside step four before you get there. He simply hands you the next thing to do. A plan is obedience with an order to it.

Hold it with an open hand. Interruptions are not always failures. Some of them are assignments. But a leader with a plan can absorb an interruption. A leader without one gets swept downstream frantically and calls it another busy week.

The five thousand ate because they sat down. Order was their doorway to peace and the miracle. Sit down. Get your rows in place. Then watch what God puts in your hands.

© 2026. C.C. Simpson is dedicated to fostering a bold and triumphant Christian faith within the global marketplace. Before becoming President of CBMC International, Chris dedicated 28 years to a distinguished career in the public sector – as a Commanding Officer in the U.S. Marine Corps, and serving in the U. S. Secret Service, responsible for protecting seven American presidents and leading elite teams in complex, high-stakes international missions. With his wife Ana, Chris resides in Boca Raton, Florida.

Reflection/Discussion Questions

1. When your week gets crowded, where does the work actually live? On paper, in a system, or is it circling in your head at midnight?
2. Jesus seated the crowd before He fed them. What has to get 'seated' in your work life before God can do something with it?
3. Have you started treating a hectic pace as evidence that you are valuable? Who in your life has paid a price for that?
4. Name one thing on your plate – your pile of responsibilities – right now that you have been carrying without writing it down. What would it cost you to put it in sequence this week?

Challenge for This Week

Before Monday begins, spend 15 minutes writing down everything you're carrying. Every task, every conversation, every decision. Then number them in the order you'll take them.

Do not add anything to the list mid-week without first deciding where it goes in the sequence of what you want to do. At the end of the week, ask yourself whether you have slept differently.

NOTE:

If you have a Bible and would like to read more, consider the following passages:

Proverbs 16:1-9, 21:5; Mark 6:30-44; Luke 14:28-30; 1 Corinthians 14:33,40; Philipians 4:6-7

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