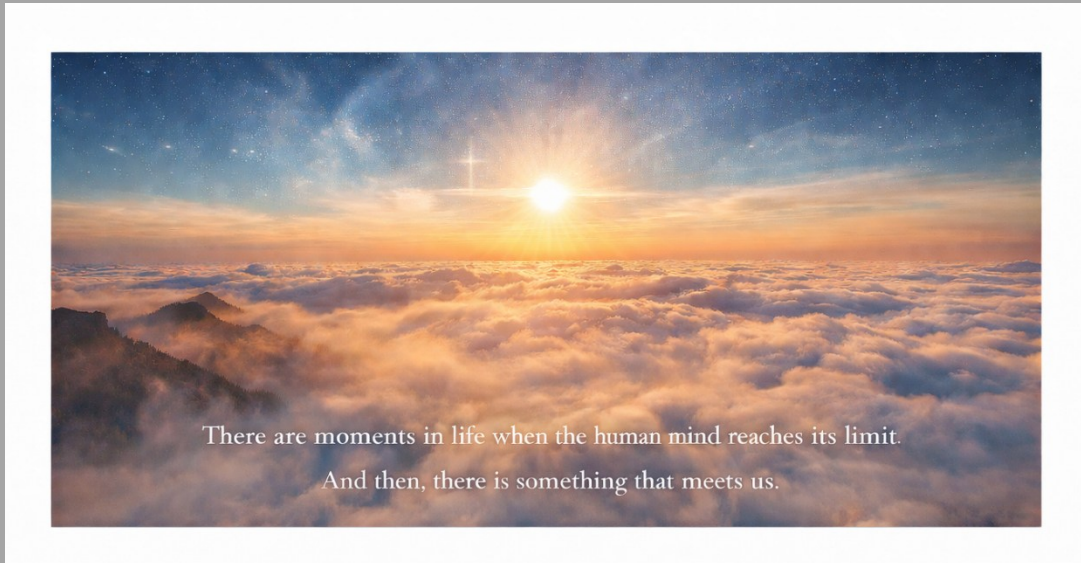


Peace Beyond Understanding: When the Mind Reaches Its Limit and the Soul Finds Rest

A NeuroFaith® reflection on suffering, surrender, the heart, and the peace of God that surpasses understanding.



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There are moments in life when the human mind reaches its limit.

Moments when the questions come fast and unrelenting. What happened. Why did this happen. What could I have done differently. What should I have seen. What should I have known. In those moments, the mind does what it was designed to do. It searches. It analyzes. It attempts to resolve. And yet, there are experiences, particularly those involving loss, guilt, and suffering, that simply do not yield to resolution.

Recently, I found myself reflecting on a conversation with a man I deeply respect and love, someone who once courageously and sacrificially walked with me through one of the darkest seasons of my life. He shared an experience in which he found himself completely overwhelmed after a traumatic event involving someone he loved. He described being beside himself, wrestling internally for hours, caught between what he knew to be true and what he was feeling in that moment.

And then something shifted.

Not because every question was answered. Not because the circumstances changed. But because there was an intersection. An intersection between the truth of God's Word and his

internal world. And in that intersection, something began to emerge that he could not manufacture on his own.

A peace. Not the kind of peace that comes from resolution, but the kind that arrives even in the absence of it. The kind described in Philippians 4:6-7, *a peace that surpasses understanding, that guards our hearts and our minds in Christ Jesus.*

What struck me most was not only his experience, but how he articulated it so well afterward. He described faith as seeing things from God's point of view and aligning his thoughts and actions with that reality. He went on to reflect that while Scripture reveals clearly what God does and what He promises, we often do not see how He accomplishes those things. And it is in that gap between the what and the how that faith is tested.

There is profound wisdom in that.

Because what he described is not merely a spiritual phenomenon. It is also deeply embedded in the way we are designed as human beings. When truth begins to land, not just in the mind but at a deeper level, something within us begins to shift. What felt chaotic starts to settle. What felt overwhelming becomes more contained. There is a sense, difficult to fully put into words, that something inside is being held together rather than coming apart. In NeuroFaith® language, we would say that the mind, the body, and the spirit are beginning to come into alignment with what is true. And when that alignment occurs, peace is not something we strive to create. It is something we receive.

And yet, there are limits.

There are places where the mind, as remarkable as it is, cannot fully carry the weight of what we are experiencing.

I know this not only clinically, but personally.

A couple of years ago, my identical twin brother Gregg died in a deeply tragic way. In the aftermath, I found myself in a similar internal battle. There were questions that would not resolve. There was a profound sense of responsibility that I could not easily shake. A belief, at times, that I should have been able to reach him, that I should have known what to do, that somehow, I had failed.

And the truth was, no matter how much I thought, analyzed, or revisited the past, there were no answers that could fully satisfy the questions my mind was asking.

What I came to understand over time is something that parallels what my friend described so well. There is a point at which the mind reaches its limit. Not because understanding is unimportant, but because some realities extend beyond what the human mind was

designed to fully resolve. And in that space, the invitation is not to try harder to understand, but to surrender more deeply.

This is not resignation. It is not giving up. It is a movement into relationship.

There is, in this process, a profound paradox. The pain does not simply disappear. The sense of loss remains. At times, even the sense of weight or responsibility lingers. And yet, at the very same time, there is another reality that begins to emerge. A peace that does not come from having every answer, but from being met by God in the midst of the unanswered questions.

This is where the integration of faith and design becomes so meaningful.

Scripture tells us what God does. It tells us that He brings peace, that He guards our hearts and our minds in Christ Jesus. It tells us that we are not alone in our suffering. What we often do not see is how He does this. And yet, when we begin to understand even a small part of how we are created, something begins to come into clearer focus.

That peace is not produced by the logic of the mind, but is most often received at a deeper, felt level through the heart before the mind can fully rest in it. The mind can point us toward truth, but peace itself is experienced, embodied, and received. There is a sense in which the heart leads, and the mind follows, not in opposition to one another, but in proper relationship. This is consistent with what we are increasingly coming to understand, that peace does not settle first in the mind, but in the heart, and then, over time, settles the mind in ways that thinking alone cannot achieve at first.

When that deeper sense of peace begins to take hold, the mind gradually settles into it. What once felt chaotic becomes more ordered. What once demanded resolution begins to rest, even without it. In this way, the promise that He guards both our hearts and our minds takes on a fuller meaning. The peace does not bypass our design. It moves through it.

This does not remove mystery. It deepens it.

It is similar to what happens in archaeology as suggested by my friend. The truth has always been there, buried beneath the surface. And when something is uncovered, it does not create the truth. It reveals it. In the same way, when we begin to understand the design of the human person, we are not explaining God away. We are uncovering the fingerprints of His design in places we may not have noticed before.

And still, even with that understanding, there remains a call to grace.

One of the most difficult aspects of suffering, particularly when it involves someone we love, is the tendency to turn inward with judgment. To carry burdens that were never ours to carry. To hold ourselves to a standard of control that no human being was ever given.

In my own journey after losing Gregg, I have had to learn, and continue to learn, what it means to release that burden. To allow myself to receive the same grace that I so readily extend to others. To let His peace enter not only into my thoughts, but into those deeper places marked by pain, regret, and unanswered questions.

That process is not immediate. It is not linear. But it is real.

And it is in that very space, not in the resolution of every question, but in the surrender within relationship, that His presence becomes most tangible.

If you find yourself in a place where your mind cannot fully make sense of what you are carrying, you are not failing. You are encountering the edge of what the mind was designed to do. And at that edge, there is an invitation. Not to strive harder, but to surrender more deeply. Not to force understanding, but to receive peace.

A peace that, as Scripture tells us, truly does surpass understanding.

And perhaps that is not a limitation.

Perhaps it is the point. And thank you my dear friend for having the courage and trust to share this with me. You do not walk this alone.