

## The Peace Chart

**Instructions:**

1. Under each category list what worries you or who/what you are afraid of.
2. Add categories that you don't see here but you would like to create a list for.
3. Pray and ask God to take control of every item listed. Give Him control.
4. Look at the list and see what situations you can help and which ones you can't control. (Write down steps for the situations you can control and tackle each item one at a time.)
6. Anytime a worry or fearful thought comes to mind, add it to the chart, and pray again.
7. Watch your peace come back, as you put God first.

<b>Me</b>	<b>Family</b> Everyone in my house, collectively.	<b>Spouse</b> Fiancé/Roommate

<b>Extended Family &amp; Friends</b>	<b>Work</b>	<b>School</b>

<b>Health</b>	<b>Finances</b>	<b>Other:</b> _____ Decisions to be made, Your future, etc...

### **Bible Verses: to assist in focusing your thoughts.**

“When a mans ways please the Lord, He makes even his enemies to be at peace with him.” Proverbs 16:7 NKJV

“The Lord will give strength to His people; the Lord will bless His people with peace.” Psalms 29:11 NKJV

“Set your mind on things above, not on things on the Earth.” Colossians 3:2 NKJV

“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.” Colossians 3:15 NLT

“Now, dear brothers and sisters, on final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8 NLT

“A great windstorm arose, and the waves beat into the boat, so that it was already filling. But He (Jesus), was a sleep. And they (the disciples) awoke Him and said to Him, “Teacher, do you not care that we are perishing?” Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm.” Mark 4:37-39 NKJV

“Cast all your anxiety on Him, because He cares for you.” 1 Peter 5:7

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7