

## Peace Helpers

Peace isn't perfection, it isn't a noise/volume level or cleanliness thing. However, I do believe a certain level of organization helps me process stressful situations I am facing, so you'll find my peace "helpers" are very practical steps I take to help me find and keep my peace.

Making coffee

Picking up the living room (the room we live in the most)

Text a friend for prayer

Read my bible

Talk to God about whatever is constantly on my mind

(I talk out loud, my ears and mind need to hear my heart.)

*This is my #1 peace helper!*

Turn on music (worship, instrumental, etc.)

Start thinking about who/what I am thankful for (even if it has nothing to do with the stressful situation)

Opening a window for fresh air

Taking a walk

Talking to a friend (have a "sounding board" to my thoughts)

Put the kids in the bath (think of it like hitting the "replay" button to the day)

Sending the kids to the back yard to play

Changing from workout clothes to nice clothes and doing my hair, brushing my teeth, etc.

What habits have you created that bring you peace?

What helps you find peace in the middle of a stressful situation?

## Peace Bible Verses (NIV)

Psalm 29:11 "*The Lord gives strength to His people; the Lord blesses His people with peace.*"

Isaiah 26:3 "*You will keep in perfect peace those whose minds are steadfast, because they trust you.*"

1 Peter 5:7 "*Cast all your anxiety on Him because He cares for you.*"

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

Col. 3:15 "*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace, and be thankful.*"

Hebrew 12:14 "*Make every effort to live in peace with everyone and to be holy' without holiness no one will see the Lord.*"

