

## Light: Peace

How can I welcome peace in times of chaos? (Mark 4:35-41 NIV)

1. **Hear Jesus** \_\_\_\_\_ **over my life.**  
(Mark 4:39 NIV)

Four Ways to Practice Stillness in God's Presence

- Step away from the situation.
- Find a quiet place.
- Breathe.
- Pray a breath prayer. (Psalm 46:10b NIV)

2. \_\_\_\_\_ **my** \_\_\_\_\_ **for God's** \_\_\_\_\_.  
(Mark 4:40-41 NIV)

The quality of our peace is determined by its source. (John 14:27 NIV;  
John 16:33 NLT; Romans 5:1 NIV; Philippians 4:7 NIV)