

Light: Peace

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

1. Hear Jesus speaking stillness 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. Exchange my problems for God's peace. (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)