

Light: Peace

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

1. Hear Jesus speaking stillness over my storms. (Mark 4:39 NIV)

If you want to hear what God says, start with what He already said.

Four Steps Toward Stillness

- Step away from the situation.
- Find a quiet place.
- Breathe.
- Pray God's words. (Psalm 46:10b NIV)

2. Exchange my problems for God's peace. (Mark 4:38 NIV)

The quality of our peace is determined by its source. (John 14:27 NIV)

Jesus gives us peace **with God**. (Romans 5:1 NIV)

Jesus gives us the peace **of God**. (Philippians 4:7 NIV)

Isaiah 9:6 (NIV) For to us a child is born, to us a son is given...And he will be called Wonderful Counselor, Mighty God, Everlasting Father, **Prince of Peace**.

What problems do I need to exchange for God's peace?