

## 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)

God's peace is not just the calm before or after the storm; it's **His steadfastness through the storm.**

4 Ways to Practice Stillness in God's Presence

- Step away.
- Find a quiet place.
- Breathe.
- Pray God's words. (Psalm 46:10-11 NIV)

2. **Exchange my problems for God's peace.** (Mark 4:40-41 NIV)

**"Peace is an undergirding rock-solid foundation** so that no matter the tears we cry or the sorrow we feel, deep down inside we know with an abiding assurance that **God is with us and God is in control.**" – Charles Stanley

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

Jesus gives us peace **with God** and the peace **of God.** (Romans 5:1 NIV; Philippians 4:7 NIV)

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

Where do I need to invite the Prince of Peace in my life?