**Understanding Peace in Scripture**

**Scripture Focus:**
*John 14:27* - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
*Philippians 4:6-7* - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

**Reflection Questions:**

* How does God define peace in these scriptures?
* How does the peace God offers differ from what the world offers?
* How does knowing that God promises peace help you in your current emotional state?

**Section 2: Identifying Moments of Anxiety**

**Exercise:**

* Reflect on the past week and identify specific moments when anxiety or emotional distress occurred.
**What triggered your anxiety?** (People, situations, thoughts, etc.)
* On a scale of 1-10, how intense was the anxiety during these moments? (1 = minimal anxiety, 10 = overwhelming anxiety)

**Spiritual Reflection:**

* How can you invite peace into these situations through faith? What scripture can help ground you during moments of anxiety?

**Section 3: Practicing Peace**

**Exercise:**

* Create a simple peace ritual that you can practice daily to help manage anxiety. This can include prayer, scripture reading, deep breathing, or meditation.
**What will your peace ritual include?**

**Reflection:**

* How does engaging in this ritual help bring peace to your heart and mind?

**Section 4: Praying for Peace**

**Exercise:**

* Write a prayer asking for God's peace to calm your heart and mind in moments of anxiety.
**Prayer Example:**
"Lord, I surrender my anxieties to You. Please fill my heart with Your peace that surpasses all understanding. Help me to trust in Your presence and find rest in Your care."
* **Your Prayer:**

**Reflection:**

* How does praying for peace help alleviate anxiety in your life?

**Section 5: Reflection & Growth**

**Exercise:**

* What progress have you noticed since you started practicing peace through faith? (e.g., moments of calm, greater awareness of God’s presence, emotional stability, etc.)
* **Focus for Tomorrow:** What area of your peace practice would you like to focus on improving tomorrow? (e.g., consistency in prayer, deeper connection to scripture, breathing exercises)