



Peace In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to grow in peace by being with God. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices
- Have paper and a pen or pencil.

DAY 1:

Read Philippians 4:6 three to five times slowly.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (ESV)

Write down:

- what is stressing you
- what you are afraid of
- what feels out of control

Then pray honestly about each one.

DAY 2:

Read Philippians 4:6-7 three to five times slowly.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (NLT)

It is biologically difficult for the brain to be in deep gratitude and high anxiety at the same time.

- State at least one "Future Worry" (e.g., "What if I can't afford rent next month?").
- Counter each future worry with some "Past Truths" of God's provision. (e.g. "*God provided for me when I lost my job last year. God provided for me when I moved here.*") Use your history to settle your mind about the future.

DAY 3:

Read Philippians 4:6-7 three to five times slowly

⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (NASB)

Identify an intrusive feeling and thought that have been stealing your peace. Imagine God's peace as a bodyguard for your heart and mind. Talk to God about those feeling and thoughts. How has Christ given you power over those thoughts and feelings?

Day 4:

Read Philippians 4:8 three to five times slowly

⁸ Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. (CSB)

What are some of your negative thoughts that need to be replaced? What truth can you embrace to replace the negative thoughts? Spend time praying about the new thoughts that you want God to give you. Throughout the day, as negative thoughts arise, replace them with thoughts that are true, honorable, just, pure, lovely, commendable, excellent and praiseworthy.

Day 5:

Read Philippians 4:9 three to five times slowly

⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (ESV)

To have the peace of God you need the God of peace. What is your role in the fulfillment of this promise? What are some spiritual lessons that you have learned that you need to be more consistent in practicing so that you can further experience the presence of the God of peace?

Day 6:

Read Colossians 3:15 three to five times slowly

15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. (NASB)

The peace of Christ is an like an umpire or judge who is in control. Where are the places, the relationships where you need the peace of Christ to show up. Spend time reflecting on the idea of letting the peace of Christ rule your heart. How can you surrender more of your heart to let Christ's peace regulate it?

Day 7

Read Isaiah 26:3 three to five times slowly

³ You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (NLT)

Consider the areas of your life where you need to trust God more. Hint, it is likely the areas where you experience the most anxiety. Reflect on the character of God and why God is trustworthy. Embrace the promise that God will keep you in perfect peace if you trust in Him.