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## PEACE

### Practice Guide

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#### ***PRACTICE 1 - SILENCE***

And [Christ] shall stand and shepherd hHs flock in the strength of the Lord, in the majesty of the name of the Lord His God. And they shall dwell secure, for now He shall be great to the ends of the earth. And He shall be their peace.  
**- Micah 5:4-5a**

One of the ways to cultivate an internal peace is grounding ourselves on who God is and what He has done. This week, take 10-15 minutes each day to meditate on the following truths, and let the peace of Christ rule in your heart.

- Monday - The sacrifice Christ made on the cross (Rom 8:31-39)
- Tuesday - The ways God has provided for you in the past (Matt 6:25-34)
- Wednesday - The mercy of God which is new every morning (Lam 3:22-24)
- Thursday - The grace of God for sin and sinners (Gal 1:3-5)
- Friday - The nearness of God as a Good Shepherd (Psalm 23)

#### ***PRACTICE 2 - CASTING CARES***

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.  
**- Philippians 4:4-7**

One of the ways we cultivate the fruit of peace which comes from Christ is by obeying the Lord's comman to cast our cares upon Him and bring Him our anxieties, worries, desires, and doubts to Him in prayer. This week, take time to bring your cares and anxieties to the Lord, asking Him for what you need and asking Him to guard your heart with peace.

You can do this through one intentional time during the week (we recommend 30 minutes to an hour) or ongoing through a journal or the notes app on your phone, taking time to record your worries and bring them to God as they arise.



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