



## WHAT DOES IT MEAN TO ME?

What does "peace" mean to you?

- A) An absence of conflict.
- B) A sense of well-being.
- C) A lack of stress and worry.
- D) A sense of being lucky.

On a scale of 1 to 10, with 1 being 'no stress,' how much stress is in your life right now?

1      2      3      4      5      6      7      8      9      10

List below the 3 things that are causing you the most stress right now:

- 1)
- 2)
- 3)

Below write a one-line prayer about each of these things:

- 1)
- 2)
- 3)

Write below a one-line praise about each of these things:

- 1)
- 2)
- 3)

How could you make worship, prayer, and praise more regular parts of your life and have more peace?

When you have stress in your life, what do you tend to think about?

How would following Paul's guidelines in Philippians 4:8 change your thought patterns?

When have you experienced worship bringing you peace over the stress and worry in your life?

## Letters about Peace

# BETWEEN<sub>THE</sub>LINES

Take some time to read from the letters about peace in Philippians 4:4-9, Hebrews 11:1 and Colossians 3:15-17.



## WHAT DOES IT SAY?

Read Paul's words about peace in Philippians 4:4-7. What 4 things does Paul tell the believers to do?

What does he say will be the result of doing these 4 things? (See Philippians 4:7.)

What does Paul tell the believers to think about?

What is Paul describing in Colossians 3:16?



## WHAT DOES IT MEAN?

In Philippians 4:8, Paul tells the believers what to think about. What connection do you see between our thoughts and the state of our hearts?

How could focusing on rejoicing make your heart and mind more peaceful?

How could making a point to pray about everything bring more peace to your heart and mind?



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KEEP THIS PAGE IN YOUR BIBLE OR IN A NOTEBOOK  
WITH YOUR OTHER JOURNAL ENTRIES.