

**Peace Meditation Worksheet**  
**Sabbath Cafe Podcast #6 - Replacing Anxiety With God's Peace**

A big part of learning about peace is to switch our focus. We release our thoughts from fear and anxiety that locks it down, and shift their focus on God's peace. Thanksgiving and worship are great ways to help us make that shift. Meditating on scriptures about peace will also make a deep impact.

I shared how these verses have been helpful to me, but I also encourage you to connect with these words in your own way. Engage your heart, not just your rational mind. Often, I want to believe, but didn't feel I have the faith. I'd simply speak and confess the scripture, and ask God to help me. And that is often enough for God to respond.

This is the beginning of our journey to learn about His peace that surpasses all understanding. This peace goes beyond our logic and rationality. Peace is who God is. The more we interact and engage with God on a personal level, the more we experience Him as our Peace.

John 14:25-27

***“All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 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.”***

The Holy Spirit is our biggest ally in our journey through life. Whenever you feel lost or stuck, simply ask the Holy Spirit for help.

Phillippians 4:6-7

***“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”***

Replace a negative habit with a positive one. Whenever you feel anxious, you can pray to release your fears and concerns to God. It's also good to spend some time in giving thanks. Whether verbally or in writing, thanksgiving is a great way to practice seeing life in a new perspective.

Gal 5:22 - 23

***“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”***

Receive Peace as it has been given to us as a fruit of the Holy Spirit. It isn't something we need to work for. Open our hearts and allow the Spirit to pour it out in us.

Isaiah 9:6

***“And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”***

Jesus is the Prince of Peace. Acknowledge God for who He is. Every time I'm stressed, I pray that I accept and choose the Peace of God rather than my own stress. Even when I didn't know how, I simply acknowledge this truth verbally through prayer. And often after I pray, I start to sense God's Peace, and find my way into rest.

These are a few key verses that have been helpful in my learning about the Peace of God. Feel free to soak in and meditate on other scriptures and truths as they come to mind. May God's peace be with you as you embark on this wonderful journey.

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