



PEACE PAMPHLET

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3).

Eastern meditation focuses on emptying your mind. Biblical meditation focuses on filling your mind with the truths of God by intentionally contemplating His nature and character. When we steady our thoughts on Him, both our faith and sense of peace grow. Fear and anxiety cannot occupy a mind focused on who God is.

SUN

Reflect on the weekend teaching.
Review the outline or your notes.

MON

Ask God to adjust your perspective
and fill your heart and mind with truth.

TUE

Start and end your day thanking God
for who He is.

WED

Set a timer for three minutes. Breathe deeply.
Say an attribute of God with each exhale.

THUR

Go for a midday walk and just spend that
time with the Lord.

FRI

Take the day off from social media and
focus on being present.

SAT

Read Job 12:7-10 out loud. Meditate on
verse 10 as you recognize God as Creator.

Follow @calvaryabq for more on peace.