

GIVE
A PEACE
CHANCE

A hand making a peace sign is positioned in the center of the text, overlapping the letters 'I' and 'V' in 'GIVE' and 'P' and 'A' in 'PEACE'.

PEACE PAMPHLET

“Be anxious for nothing, 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 minds through Christ Jesus” (Philippians 4:6-7).

We're living in a time and society that's all too familiar with anxiety. Though statistics reveal anxiety is presently at an all-time high, it's been part of the human experience since Adam and Eve. You may feel your brain is hard-wired to run wild with worry. God offers a peace that protects your mind and your heart. God's peace isn't based on life's changing circumstances, but on His unchanging character.

SUN

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

MON

Give today's worries to God in prayer with thanksgiving.

TUE

Memorize Philippians 4:6-7.
Read or recite it when you feel anxious.

WED

Give yourself a media-free day.
Spend that time in prayer.

THUR

Reflect on times when God has replaced your worry with His peace.

FRI

Ask God to guard your heart and mind against anxious thoughts.

SAT

Replace anxious or fearful thoughts with worship and Scripture.

Follow [@calvaryabq](#) for more on peace.