

Space for God Peace of Mind & Heart

PREPARATION

The Lord gives his people strength.
The Lord blesses them with peace. Psalm 29:11

CONFESSION

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.
So letting your sinful nature control your mind leads to death.
But letting the Spirit control your mind leads to life and peace.
Romans 8:5-6

WORSHIP

He will cover you with his feathers.
He will shelter you with his wings.
His faithful promises are your armor and protection.
Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.
Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday. Psalm 91:4-6

MEDITATION & CONTEMPLATION — John 14:27-29*

(Jesus replied)

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. Remember what I told you: I am going away, but I will come back to you again. If you really loved me, you would be happy that I am going to the Father, who is greater than I am. I have told you these things before they happen so that when they do happen, you will believe.

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

ANCHORING PRAYER

"Thank you for your gift of peace."

REVIEW OF THE HEART (previous 24 hours)

When did I have peace of mind and heart?
When was I troubled or afraid?

WISDOM

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. Colossians 3:15
But there is no peace for the wicked," says the Lord. Isaiah 48:22
"Peace of heart lies in perfect resignation to the will of God. What you need is true simplicity, a certain calmness of spirit which comes from entire surrender to all that God wills, patience and toleration for your neighbour's faults, and a certain candor and childlike docility in acknowledging your own faults."
-François Fénelon

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. 1 Thessalonians 5:23

May God our Father and the Lord Jesus Christ give us grace and peace. Amen.

Philippians 1:2 (adapted)

SPACE FOR GOD DAILY

Be still and quiet before God.
Seek the Holy Spirit's filling and
Speak and act from a listening heart.
Actively serve in community with others.