

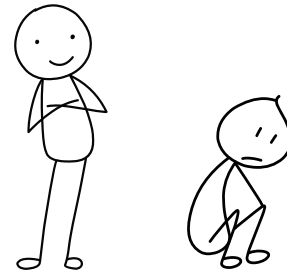
Passing the Peace

After a Crisis



Our world is filled with circumstances that threaten our peace. From global events to controversies and conflicts in the church, we know the weight of it all can feel overwhelming.

Sometimes we need to shift our focus to have capacity for the hardships we face. Passing the peace is a strategy backed by brain science and the Bible that centers us in the peace Jesus promised.



1. Express appreciation

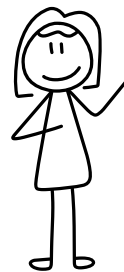
Think of something that makes you smile or brings you joy! Pause for 90 seconds to meditate on this gratitude experience.

2. Ask God to highlight a peaceful memory

Sit in the peace moment until you can feel the peace from that experience in your body and/or calming your mind. Ask God if there is anything else He wants you to notice about the moment.

3. Test for peace

We know we've returned to a peaceful state when we experience a shift in our perspective that is closer to God's reality. Repeat steps 1 & 2 until you experience His peace.



4. Share your story with someone!

Finally, tell your peace story (our gratitude for the change in us created by connecting with God's peace) to two or three people you trust. Notice how the peace passes to those who listen.



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Passing the peace starts from peace within. To help others find a peaceful state of mind we must be peaceful ourselves. From a peaceful place we can help others experience God's peace. We pass our peace to others who may not be aware of God, may not share our faith or even believe in God. Whether or not people share our beliefs, they cannot deny our peaceful presence with them. Peace cannot be faked. Our presence is a peaceful gift we offer when we emotionally present (pg. 9).

It is important to train our hearts to live in peace and thankfulness long before a disaster happens. If the simple things of daily life take away our peace and thankful hearts, we will have no peace to share in a dark and terrible day. A simple way for Christians to build a sense of God's peace is by following a process we call Immanuel Journaling, which begins with thanksgiving (pg. 12). By reading and examining what we have written we can test our thoughts for what God wants us to see.

God's perspective produces peace.

“And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.” Colossians 3:15

Buy the full *Passing the Peace* book to learn more ways to feel peace and share with people in crisis.
shop.lifemodelworks.org

Check out more at
lifemodelworks.org/peaceapp

