

Flourish!

Choose well – Think well – Live well

Choose Peace!

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27 NKJV

We need time every day to slow down and be peaceful and quiet.

Blow bubbles! Taking a deep breath, and then blowing some big bubbles (even imaginary bubbles), is a natural way to calm your body. Imagine you are blowing all your worries to God and breathing in His peace and love.

- Find a peaceful place to sit outside. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste. Thank God for all of them.

Light a candle and watch the flame or watch a flickering battery-operated candle. Imagine Jesus, the Light of the World, is shining His peace and love into your life.

Make a list of things to do that calm you. Watch waterfalls, listen to birdsong, smell the fragrance of oranges, lavender, and baking bread, massage your hands, etc.

Find a photo of a peaceful place. Stick it onto a larger piece of paper and write calming thoughts around the edge.

Tidy up a messy place in your life, so that you can feel more peaceful.

Visit a church or another peaceful place. Sit quietly. Pray, read a Bible verse, or look at things that fill you with peace.

- Draw round your hand. Imagine it is the hand of God. Write your concerns on the palm of the hand and give them to God. Each time a worry comes into your mind – remember that you've already given it to God.

Repeat a calming Bible verse slowly. Try 'Be still and know that I am God!' Psalm 46:10. Say each word in turn and think about what it means.

- Draw wavy pencil lines across a sheet of paper. Write soothing thoughts, messages, quotes, and Bible verses on the lines, using different shades of blue, to make a page of peacefulness.