

LIVING WELL

Peace of Mind

If we want the fruits of wellbeing - physically, emotionally, spiritually, relationally, financially, and vocationally - we need to attend to the roots, that are found in our thinking. Throughout scripture there are 8 practises that can help us develop peace of mind.

BE STILL & KNOW

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

JOSHUA 1.8

You will keep in perfect peace, those whose minds are steadfast, because they trust in you.

ISAIAH 26.3

TAKE CONTROL OF YOUR THOUGHTS

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10.5

CAST YOUR CARES

Cast all your anxiety on him because he cares for you.

1 PETER 5.7

BE WITH OTHERS - LOVE OTHERS

If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.

1 CORINTHIANS 12:26-27

DO THINGS YOU ENJOY

who richly provides us with everything for our enjoyment

1 TIMOTHY 6:17

DISCERN THE NEXT STEP

Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.

PROVERBS 29:18

FOSTER THANKFULNESS

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

COLOSSIANS 3:16-17

LIVE LOVED

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

EPHESIANS 5:1-2

These practices can make a real difference in our lives, and give space for God to fill us with his peace.

- *is there one of these practices that you are well experienced in?*
- *is there one you would like to grow in?*
- *what might be your next steps?*