



## Finding Peace in Your Crazy-busy World Session Guide and Review Notes

### Finding Peace in Your Crazy-busy World

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

**Summary: Finding Peace in Your Crazy-busy World. God's Peace Plan** helps you find balance in your crazy-busy world. It builds stress protection, mental and physical health, and spiritual life. His plan includes:

**1. A Lifestyle That Promotes Peace**

It is not one but a combination of lifestyle choices and activities that benefit brain-body systems, social well-being, and spiritual strength.

**2. Attitudes that Produce Peace**

Informational substances called peptides form a body-wide 3-way communication system that connects your mind, brain, and body, influencing them all. Pert C. Molecules of Emotion pp. 189, 267. Practice makes permanent!

**3. Spiritual Principles that Secure Peace**

"Spiritual well-being is the center of a healthy lifestyle." Am J Crit Care 1995;4(1):77-81. Jesus died to change our hearts and reconcile us to Himself, implanting new desires.

**4. Faith that Preserves Peace**

"Faith is the assurance of things hoped for; the conviction of things not seen."  
Hebrews 11:1. Time with God in His Word and prayer strengthens faith.

**God has power, promises, and a plan for your life.** "For I know the plans I have for you, says the LORD, purposes of peace, and not of evil, to give you a future and a hope." Jeremiah 29:11

**10 min Discussion Time 1: What are your thoughts?**

- ✓ How do lifestyle choices affect stress levels and judgment?
- ✓ Discuss your reasons for wanting peace and healing.

**5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a "delivered story" that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Consider and imagine activities that encourage purity of thought and health of the body.
- **Recalculate:** Some activities and habits work against purity of thought and health of the body. Identify those in your life that rob you of peace.
- **Reframe:** God has a better way for you. In His presence is “fullness of joy.” His joy is our daily strength. Psalm 16:11; Nehemiah 8:10;
- **Remember:** Peace I leave with you, my peace I give to you: not as the world gives, give I to you. Do not let your heart be troubled, neither let it be afraid. John 14:27

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- **Lifestyle:** Enjoy fresh fruits and veggies at regular meal times—ditch soda pop and caffeine and drink more water.
- **Attitude:** List five things you are thankful for each day.
- **Spiritual:** Start each day with at least 10 minutes in the Gospels.
- **Faith:** Mark Bible promises and repeat them several times daily.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for desiring peace in your life?
- ✓ Which of the **Finding Peace** tips are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am at Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you Lord for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Mind/Body Connections in Health and Disease