

# FINDING PEACE



When we put our cares in His hands  
He puts His peace in our hearts.

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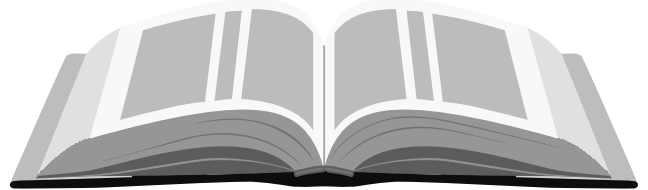
## PRAYER FOR THE WEEK

Dear Lord, Prince of Peace, whenever we feel worried, stressed or overwhelmed help us to turn to you. Remind us today that no matter what is going on in our heads, our lives, or in the world around us, we are loved. I give thanks today knowing and trusting that no matter what is going on, we are truly, deeply, and profoundly loved by You, who walks with us and protects us always. Amen.



## LUNCHTIME PRAYER

Father, Son and Holy Spirit, thank you for your presence with us. Bless this food to our bodies that we may be strong to serve, gracious in giving and overflowing with love. Amen.



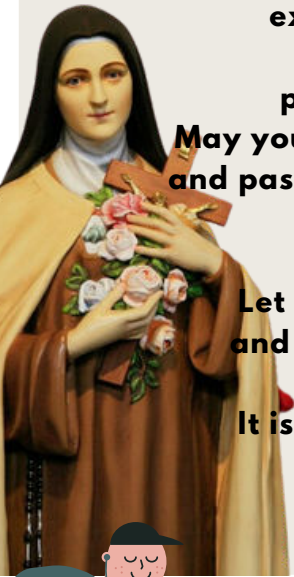
## WORD OF WEEK

Philippians 4:6-9

**There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus. Finally, fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and everything that can be though virtuous or worthy of praise. Keep doing all the things that you learnt from me and have been taught by me and have heard or seen that I do. Then the God of peace will be with you.**

**“May today there be peace within.  
 May you trust God that you are  
 exactly where you are meant to be.  
 May you not forget the infinite  
 possibilities that are born of faith.  
 May you use those gifts that you have received,  
 and pass on the love that has been given to you.  
 May you be content knowing  
 you are a child of God.  
 Let this presence settle into your bones,  
 and allow your soul the freedom to sing,  
 dance, praise and love.  
 It is there for each and everyone of us.”**

**St Therese of Lisieux**



## PAUSE FOR THOUGHT

- Peace isn't just the absence of trouble. In life we aren't going to find everything easy or feel happy all of the time. But even when times are difficult we can still find some peace, some positivity in our day or our week to help us through the more challenging times.
- Finding peace in the middle of a storm (difficult situation) isn't always easy but it is a good thing to try and do. What do you do in moments of stress or worry to help you feel better or help you to cope with a challenging time?
- What brings you peace?

## SOMETHING TO WATCH

Take a look at this clip [CLICK HERE](#) (Kung fu Panda 2 po's inner peace).

This clip is taken from the film Kung Fu Panda 2. Po (the Panda) and his companions have been in a long and tough battle. It looks like they are going to lose to the evil villains. Po is worried, stressed and anxious about what is going to happen, but then he realises something, the importance and the power of inner peace. Po takes a deep breath, finds peace with the situation he faces, and goes on bravely to continue the fight.



Have there been times in your life when you have had to make peace with a situation or something that has or is happening to you, and be brave and determined and go out into the world to make the future better and brighter?



5 minute Meditation

[CLICK HERE](#)

(5-minute Meditation You Can Do Anywhere)

A beautiful peaceful song to listen to: [CLICK HERE](#).

(Peace (official lyric video)-Bethel Music)

A great way to find peace and rest at the end of the day is to look back over it in a prayerful way. [CLICK HERE](#).

(The Daily Examen-Full of Grace TV)

Learn Peace be with you in British Sign Language. [\(CLICK HERE\)](#).

Shalom - Peace. [\(CLICK HERE\)](#).

