



# 5 ways to reconnect with your peace

The peace of God transcends every circumstance. It is the peace He gives us, not the conditional peace of the world. This year, we must be diligent about connecting with peace and with God, who is the orchestrator of peace. We must pursue it and be intentional about maintaining it when the world tries to take it from us.

*Cherished Flight*

Reconnecting with peace is a daily effort. Try adding these 5 things to your routine to help you remain aligned with the peace of God:

## Prayer

Prayer is an open line of communication to remain connected with God. Without prayer peace is unattainable. God wants us to commune with Him so He can give us His peace. Make time to pray so you can release your burdens and exchange those heavy things for the peace of God.



## Prayer

## Breathe

Taking #PeaceBreaks is the perfect way to put life and work on pause so you can realign with God. Those deep breaths regulate your heart rate, stabilize your blood pressure and bring your entire being back to peace. Remove yourself from your office, walk outside and breathe so you can reconnect with the peace of God.



## Breathe

## Forgive

Peace cannot inhabit your spirit if you're harboring unforgiveness. It is a weed that chokes the joy out of you and keeps you focused on reliving the pain of the past. Forgiveness is a gift, not to the person who hurt you, but to yourself. Releasing the incident allows space for God's peace in your spirit.

## Forgive

## Rest

## Rest

We live in a world that glorifies "the grind". No one can keep going 24/7 without resting. Rest is essential for your body to function properly. It is essential in order for you to remain balanced and focused. It is essential to remain connected with God. If you have not done so, plan now how you are going to make time to rest. I guarantee, once you do, your spirit will be more at peace.

## Speak Life

The power of life and death is in the tongue. You create the life you're currently living by the words you speak. Do you want to live in chaos, or in peace? You exhibit that choice every time you open your mouth to speak. Choose words that affirm you, your purpose and what God has for you. The more you speak life, the further you move from negativity.

## Speak Life

## Peace Mantra:

Today I will be at peace. No matter what comes my way, I will fight for my peace. Today I will focus on the presence of God. I will create an atmosphere of peace in my spirit, my car, my office, wherever my feet tread. Today I have prayed for peace, am prepared for peace and will be focused on peace. I claim it in Jesus' name, which means it's already done!