# FINDING PEACE IN THE MIDDLE OF CHAOS
## Day 1: What is God's peace?

People everywhere search for peace. What they often find is the world's false peace which is different from the peace offered by Jesus. The peace offered by the world is an empty promise and can only bring temporary comfort. God's peace is a permanent peace that He freely gives to us.

*John 14:27*
*"I am leaving you with a gift- peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

**Question:** *When you hear the word peace, what comes to mind?*

Our God offers peace in the midst of chaos. His peace doesn't change with the circumstances. His peace is secure in spite of the circumstances.

*I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, I have overcome the world. John 16:33*

We are in an odd season of life where everything is uncertain and unknown. The world has gone into chaos and our lives have been disrupted. We fear the unknown, but we need to find peace in our current situation and the only way we can do that is with God.

*1 Corinthians 14:33*
*"For God is not a God of disorder but of peace, as in all the meetings of God's holy people."*

*Prayer:* Lord, teach me to trust in You so that when the unexpected storms of life come, I will expect peace in the midst of those storms, knowing that You are near, You hear my cries, and You are with me and for me. Amen.

# FINDING PEACE IN THE MIDDLE OF CHAOS
## Day 2: How to get peace?

When our lives get chaotic, we sometimes feel like everything is falling apart and nothing is going our way but that is not true. There is always something to be thankful for even when things don't go the way we want them. Take this time to think about all the small things you have that you are grateful for. For example you have a roof over your head, food on your table and friends and family in your life who love you. These things may be simple, but they are things to be very grateful for.

**Question:** *What chaotic things have been going on in your life? What other things are you grateful for?*

*2 Timothy 1:7*
*"For God gave us a spirit not of fear, but of power and love and self-control."*

Taking time for yourself can also help you find some peace in the middle of chaos. Take some time to breathe and gather your thoughts. Take some time doing something you enjoy, as well as getting everything in order. Write down lists of tasks you would like to complete, that way you do not have to keep a mental list in your head. Always take some time for yourself.

**Question:** *What things make you feel at peace?*

**Question:** *When is the last time you've taken time for yourself?*

God is always working for us and helping us through hard times. He always does and always will have a plan. No matter what we go through as individuals, a family, a city, country or even the world, He has a plan. He has a plan for each and every single one of us. His story does not end here. Trust in Him and lean on Him during difficult times.

*2 Thessalonians 3:16*
*"Now may the Lord of peace himself give you His peace at all times and in every situation. The Lord be with you all."*

*Prayer:* Lord, let us find rest and peace in You alone. Help us ignore the chaos that is happening around us and focus on You. Remove any anxiousness and fear that is robbing our peace. Let us find peace and joy and allow us to always have a thankful heart. Amen