

FINDING PEACE

We hear a lot about finding peace in God. But how can we who live with mental health problems find peace when, as we know, the stresses of our high and low moods and our anxiety are caused by medical issues?

- Is it possible for us? How have you made out finding peace?
- What has helped you? What has deterred you?

So often I feel I need peace. I've stewed about things, worried, wished things were better. Where can we find peace when everything goes wrong?

HOW CAN GOD HELP US. We will look at that:

Isaiah 26:3-4 (ESV) is familiar and holds the secret:

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the LORD forever,
for the LORD GOD is an everlasting rock.*

There's the answer: We need to keep our mind "stayed" on God. But the wonderful thing is, it's God who "stays" our mind on Him. We need Him to help us do it. Prayer is the ingredient to make sure we can help that happen. As we start the day we could tell God we belong to Him and ask Him to stay with us. When we trust Him, He will.

We cannot create God's perfect peace on our own. We can only receive it from Him. How? By accepting that God is the only One who is in control. He is present to each of us if we allow Him into our lives.

When stress and pain and turmoil come, destroying any peace we might have had, we need to pray our way through it, our minds stayed on God. Then we will experience peace. If you desire peace, look to God. He can quiet our hearts if we seek Him and place our trust in Him.

- Has that been your experience?

In addition to what we talked about on the previous page, what are some things you have done to make peace part of your day-to-day life?

REGULAR QUIET TIMES?

(I need those badly, especially when we're traveling)

- What do you do with those times?
- How do they affect your ability to cope?

WORKING AT CREATIVE PROJECTS.

- How do you feel when you've done a good job?
- How does this give you a sense of peace?

ENJOYING WHAT GOD CREATED

- How do you feel when you're out enjoying nature?

Don't forget to thank God. Peace and praise go together. Think of the things that make you grateful.

- Doesn't your gratitude lead to peaceful feelings?

Prayer is the answer, isn't it? When we pray, our minds are stayed on God and that's where they need to be.