

A Guide to Experiencing God's Peace

During Your Stressful Day



Kristin Faith Evans, MA, MS, LMSW
DisabilityParenting.com

1. Breath Prayer



This simple exercise is easy to do, and it can help you feel closer to God, lower your stress and anxiety levels, and give you a sense of peace and calm.

Get comfortable in your chair with your feet on the floor. Take a slow, deep breath in. Gently inhale through your nose. Feel the air coming in through your nose and flowing into your lungs. Then, slowly exhale through your mouth like you're blowing bubbles. Let's do this two more times.

Now, as you inhale say in your mind, "Cover me in your peace." As you exhale pray, "I give you my worries." Do this three more times.

It may take practice to become comfortable with this exercise. But I encourage you to try it again later today. Here are some other phrases you can pray:

Breathe In: "I accept your help, God."/ Breathe Out: "I hand you my anxieties."
or

Breathe In: "Fill me with your calmness,"/ Breathe Out: "I release my stress to you."

You can use any phrases that you like.

2. Focus on One Verse



You can download the Free YouVersion app and always have the Bible with you. Pick one verse for today. Slowly read it, letting the words soak in. Take slow, deep breaths as you read the verse two more times. Try to memorize it so you can pray God's promise to you throughout the day. Just sit for a minute meditating on the verse.

Here are some suggested verses but you can choose any verse:

- "Cast all your anxiety on him because he cares for you" (1 Peter 5:7)
- "'Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,' says the Lord, who has compassion on you" (Isaiah 54:10)
- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7)

3. Name and Release



Allow yourself to notice what you're thinking and feeling. How are you feeling in your body? Do you notice any tension anywhere? Maybe in your shoulders, jaw, or stomach? What emotions do you notice?

Now, close your eyes and imagine that you are sitting on a creek bank watching a quiet brook. Each one of your thoughts is a leaf lazily floating downstream. When you have an anxious or painful thought, pick up a leaf, name that thought or emotion, then put the leaf back down in the stream to release it to God. Watch it float downstream out of sight. Do this each time you notice a hard emotion or thought. Release your worries to God and receive his help and comfort. Open your eyes. How do you feel?