

Rooted + Rested Reflection



**Episode 23: When Peace Doesn't Feel Peaceful:
Learning to Receive What the World Can't Give**

Scripture Focus

John 14:27, CSB – “Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful.”

Pause & Reflect

“Where am I seeking the world's peace?”

Take a moment to think honestly about what's been stealing your peace lately.

- What situations make you feel like peace depends on you?
- Are there areas where you've been chasing calm through control, comfort, or distraction?

Receiving His Peace

“Lord, I choose to receive Your peace.

Pause, breathe deeply, and imagine setting down every burden you’ve been carrying. Ask the Lord to help you rest in His presence right here, right now. Write a short prayer or phrase to remind yourself:
“Jesus, I receive Your peace when...”



Truth Over Feelings

“What truth do I need to hold onto today?”

List one or two Scriptures or truths that replace the world’s false peace.

Examples:

- “You are loved.”
- “You are not alone.”
- “He is working, even here.”
- Encourage them to write their own verses or truths.

Truth Over Feelings

Simple Self-Care for Stillness

Today, how can you create space to be still with God?

Light a candle, sip your tea, or sit quietly with your lavender oil.

As you do, remind yourself that these small rituals don’t create peace – they simply help you slow down enough to notice the peace Christ has already given.

A Prayer to Receive Peace

Prince of Peace, still my heart.

Quiet the noise within and around me.

Teach me to stop striving and start receiving.

Fill me with Your steady, unshakable peace –
not as the world gives, but as You freely give.

In Your name, Jesus, amen.

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