

# made for peace

## peace, (noun) .

freedom from disturbance; quiet and tranquility; freedom from or the cessation of war or violence

Although peace is categorized as a noun, it seems that it will only be cultivated through action. God's word tells us that prayer & thanksgiving precede the miracle of His peace taking root and guarding our hearts.

As we journey through November with our families, could we commit to quieting a bit of the "digital noise" that surrounds us in order to devote time to intentionally press into prayer with gratitude?

*don't worry about anything, instead pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His PEACE will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7, NLT*

## *[cultivating connection]*

**THE CALL TO ACTION IN THE PURSUIT OF PEACE MEANS INTENTIONALLY CREATING SPACE TO COMBAT THE DIGITAL NOISE WE ARE CONFRONTED WITH IN OUR DAILY LIVES:**

- Turn off (not just silence, but actually off) all digital devices for 10 minutes daily.
- Go through the daily prayer of examen together (provided on 2nd page) as a simple tool that incorporates both THANKSGIVING & PRAYER.

## [New Research Reveals]

**Q. How often do we touch our phones?**

**A. Oh, only about 2.617 times a day.**



HEAVY USER

**5,427**

average daily touches

**225**

average daily minutes

AVERAGE USER

**2,617**

average daily touches

**145**

average daily minutes

## *Daily Prayer of Examen*

The “examen” is a method of reviewing your day in the presence of God. It is a time set aside for thankful reflection.

1. *Be silent. Take a couple deep breaths. Breathe in God's love.* “Lord, I know that you love me and that you are with me right now.”
2. *Guided by the Holy Spirit, review your day with gratitude. Ask yourself what you are most thankful for today.* “Lord, help me to be aware of your presence and blessing in the people and experiences I have encountered today.”
3. *Was there anything you feel sorry about?* “Lord, forgive me for those moments when I have fallen short, times when I have not been the person you want me to be. Show me your ways.”
4. *Listen to God. Tell Him anything else you want.* “God, this is where I need you today... And, this is where I need you tomorrow.”

Optional activity: Make a string of different colored beads (one for each step) that can be used as a visible reminder for practicing this prayer.

*Notes from "Made For Peace" Parent Enrichment Seminar*

*Thursday, November 3rd, 8:30 am - 10 am*

presented by CIFT (Center for Individual & Family Therapy)

