

ALIGN WITH GOD MINISTRIES

Basic Steps to the 'Passing the Peace' exercise by Jim Wilder: Life Model works.org

'Passing the Peace' is for Everyone: Some examples:

- During and after a sudden loss of a loved one, a job, a pet, a transition, an illness or diagnosis.
- During any frightening experience
- With anyone who has lost their peace or has anxiety
- With disaster victims and workers
- With family and friends who have just received bad news about a loved one.

Making Peace Contagious- Passing the Stories -

How we tell others about what God has done for us is important. If we focus on the disaster instead of the peace God brought us, we make it very hard for listeners to manage their feelings. Don't tell someone your experience until it brings you peace first, otherwise you are passing the anxiety about the situation to them. If you end with the peace God brings you, then you pass the peace, while still being real about the negative aspects of the situation. If you don't have peace after this exercise, you may need to go back and revisit this and spend more time with God in interaction, until you are brought to greater peace. If you experience greater peace you are experiencing Jesus, for He is the "Prince of Peace" (Isaiah 9:6).

The steps below sometimes need to be preceded by quieting, and taking some deep breaths, picturing a quiet scene, and noticing where it's felt in the body.

PASSING THE PEACE:

The steps are simple: (the following takes approximately 2-3 minutes)

1. I approach God with gratitude and share something with Him I'm grateful for (or with another person). Notice if that brings greater peace.
2. I notice what God wants for me in order to have greater peace, or I ask Him, "*What do you have for me that will bring more peace into my life?*" Notice what comes into our mind without filtering.
3. *If I feel greater peace*, I tell others what I noticed, what makes me feel greater peace, what has changed, or what God revealed to me.
4. Keep practicing this simple exercise and soon you will feel confident coming into God's peaceful presence and will be able to take it with you into other areas of your life.
5. OPTIONAL: A fourth step I have found helpful is to ask Jesus the following and explore it with Him:
6. *Where are you right now God? (in the room, in my heart, etc),*
7. *Where are you in the Peace?*
8. *Where are you in the issue?*