



The Peace Activation Journey

Part 1 Pre-Lesson Work and Prompts

“Peace I leave with you: my (perfect) peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. (Let my perfect peace calm you in every circumstance and give you courage and strength for every challenge)” **John 14:7**

Part 1: Facing Your Fears

- Chasing Perfect
- Healthy Boundaries
- Relinquishing Control

Before exploring the chapters, which title above resonates with your situation? Please select one, explain briefly why this chapter speaks to you and your current situation.

Activate your peace through the Word of God.

- Scripture Reading
- Memorization
- Prayer

Weekly Scriptures:

- Galatians 3:3 (NLT)
- Galatians 1:10 (NLT)
- I Corinthians 13:4-5 (NLT)

- Read each scripture (3) times (Read them out loud if you are in a position to do so.)
- Try reading in different versions of the scriptures. (if you are new to reading and studying the bible) example: NIV, ESV or Amplified
- Write the scripture on an index card or in the notes on your phone.
- Try memorizing the scripture, start with the address and repeat the verse.
- Make the scripture into a prayer

Example: Galatians 3:3 **Lord, I don't want to be foolish trying to be perfect in my own efforts. You have started my new life in the spirit, help me because I am used to overthinking, overworking in every area of my life. I think I need to control the outcome of my situation. I need You to help me to not rely on my own efforts.**

Activate your peace through **Self Reflection**

Use the slots below to write your characteristics in each area that fits the topic. (See example)

Are you a Perfectionist?	Are you a People Pleaser?	Do you like to control things.
<i>It takes me long to finish a project because it must be right.</i>	<i>I will tell people yes, because I don't want to hurt their feelings.</i>	<i>If people don't do things the way I think they should be, I will redo it.</i>

Activate Your Peace with **Peace-seeking Practices:**

- Review the peace-seeking practices on pages 15-16, 33-34, 47-48
- After reviewing the practices, please pick out a few and commit to including them in your life.

Activate Your Peace through **Personalizing Prayers:**

- Put your name in the prayers on page 17, 34, 49

Healthy Boundaries

What part of the Henry Cloud statement stands out to you? Page 29

When you communicate your needs and thoughts, how does that help you set boundaries:

Self-Reflect on your

- Values _____
- Needs _____
- Limits _____

Establishing Healthy Boundaries Means:

Knowing how to say no without ***quilt*** and yes without ***fear***.

Trusting God's Approval

At the heart of people pleasing is the fear that we are not enough.

Relinquishing Control

Describe your feelings when you are drowning in a sea of uncertainty:

- .
- .
- .

Share a time when you have totally out of control: _____

Proverbs 16:9

Are you a planner?

Are you a fly by the seat of your pants person?

What have you learned about trying to do everything yourself?

- .
- .
- .

The root of controlling is a fear of criticism.

List your take aways from Part I of the book:

- .
- .
- .
- .