



*Family + Faith*  
growing together




May 15, 2020

*{It had been a month since packing our home into storage and our family of 8 setting out for The Island, a place that God had done a deep work for our family ten years earlier and a place we felt like we were given an instruction to go again and “rest and wait.” Our time in our current AirBnB was almost up and anxiety and questions about our next steps were starting to come for all of us.}*

We were sitting with the kids this morning chatting about our next steps and as we finished up Ryan (Dad) was praying over all the things.... Right in the middle of his prayer asking for peace I heard God say, “you don’t need to pray for peace. My peace is already right here for you. I never take it away.”

We finished up on the thought of how do we **A C C E S S** God’s peace, because it is true....it’s always right there for us. Ryan compared it to standing in front of a water faucet complaining you’re thirsty.

 Turn on the faucet!!! Get a drink!!! Lol.

As a family we listed out a few practical things that we can do to access God's peace. Here is our list::

1. take a D E E P breath
2. pray or write out a list of things you're grateful for
3. remember a time when God answered a prayer for you in the past, thank Him and tell someone else about it.
4. stand outside and breathe fresh air. 🌞

What would you add to our list? Send us a message or tag us on social media and tell us!

Family Activity ::

With the thought of how easily accessible God's peace is to you, walk to your water faucet and turn it on. It seems like such a simple action, but living your life from this foundation truth can profoundly change everything.

Now fill up a cup.

Take a drink.

As the water flows through you imagine that is God's peace filling you up!

No room for fear or anxiety!!

Mamas and dads - keep this simple activity in your toolbox and go back to it anytime your home needs a dose of God's peace!

Read :: John 14:27

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (NIV)*

Prayer ::

Jesus, thank you for your peace. Thank you that I can have it all of the time!! In the places where I don't have your peace today, I allow it in! I allow it to flood those spaces! Amen