



BUILD A LIFE OF  
PEACE  
*Workbook*



# *Welcome!*

ARE YOU LIVING THE LIFE  
YOU WANT?

Life events can change us and be out of our control. Honestly, we all work hard just to manage our reactions to stuff that happens! We search for encouragement, fight fear and anxiety, and wonder if it is possible to have the life we want—a life filled with peace. Have courage! With God, and a little DIY, it is possible.

0 1

Every building project begins with a strong foundation: God.

0 2

Next, we build our main structure: Ourselves

0 3

Now we construct rooms and determine how many walls we need: Home, Family, and Work.

0 4

Finally, we add lovely furnishings and meaningful accessories: Public Life.

0 5

Take the 7 Day Challenge!

Contents

# 01: God

Begin building life on a strong foundation of faith in God. Make prayer time a priority, reading the Bible, and trusting His instructions.





*"Because of God's tender mercy, the morning light from heaven is about to break upon us, to give light to those who sit in darkness and in the shadow of death, and to guide us to the path of peace." Luke 1:78-79*

## PRAY, TRUST, REPEAT

Prayer is essential to our relationship with God, but sometimes we may feel inadequate or intimidated by the practice.

Jesus said to come to Him simply, as a child. Don't get caught up in rules. God wants a relationship with us, a conversation. Talk to Him. Also, read the Bible to know Him and His promises.

Making prayer a priority becomes easier when we can schedule a time each day. Mornings can help focus our thoughts for the day.

Other ideas: in the car during a daily commute or lunchtime, during a walk or run, or in bed before lights out. Consistency is key.

Resist the urge to analyze prayer success on feelings or emotions. It may seem that nothing is happening, or it may feel like no one is listening, but keep going.

Colossians 4:2 says, "Don't be weary in prayer; keep at it; watch for God's answers, and remember to be thankful when they come."

We may experience answers in a call from a friend or family member, or a change in circumstances. We may receive answers in something we read, or a sermon in church. Be watchful, God's answers are always creative!

Learn more in the ebook:  
[7 Ways to Boost Your Prayer Life](#)

Prayers go up,  
BLESSINGS COME DOWN!



# 02: You

God created each of us uniquely. Practice self-care, take restorative rest, and act with confidence and acceptance.



*"I know the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety. Psalms 16:8-9*

## MINDFUL ACCEPTANCE

Do we practice self-care? We are not talking about being selfish, which is all mixed up in negative feelings and diminishes others. We are talking about Jesus-modeled, positive, and restorative self-care.

While care of our bodies and emotions seems to be emphasized on social media, we should begin our efforts to train and maintain our minds. This mental work will support a complete and balanced self-care package.

Jesus taught the key to self-care in Mark 12:31: "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord.

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

When we follow the ways of God, we can achieve balance in our thoughts and intentions. He helps us develop our mental, physical, and spiritual power, and then we can serve others.

If someone says we are being selfish in our self-care, check their motivation. Let go of any shame and guilt because these are not from God.

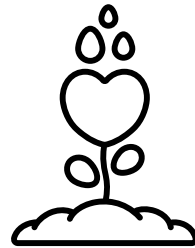
Learn more with [Illumination: A Series on Self-Care](#)



# Loving Yourself Checklist



have a grateful heart



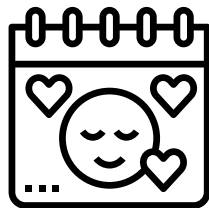
do a creative hobby



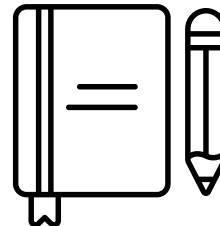
move your body



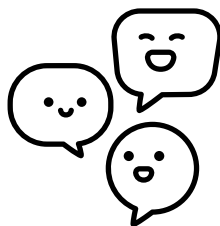
think positive thoughts



schedule YOU-time



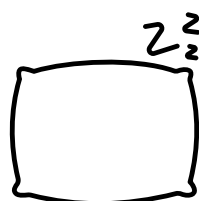
read and journal



keep talk supportive



find music for your soul



get rest & peaceful sleep



enjoy creature comforts

# 03: Home & Work

We create harmony at home through support and encouragement.

We can set boundaries at work and let go of what we can't control.



*"Love never gives up, never loses faith, is always hopeful, and endures through every circumstance." 1 Corinthians 13:7*

## LOVE NEVER FAILS

Our lives are a weaving of home, family, friends, and work. We want to create homes as a haven for our family, with each member realizing their God-given gifts. We want supportive friends and a positive work place. It's possible if we operate in love.

Genuine love is not a feeling but a decision. God defines love in 1Corinthians 13:4-6: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out."

If all this feels overwhelming, empower yourself with two words: yes and no.

Set personal boundaries. There are times to make sacrifices, but identify and choose those times wisely.

John Lydgate, a fifteenth-century monk and poet wrote, "You can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time." So stop trying!

Martyr Dietrich Bonhoeffer adds clarity: "I must release the other person from every attempt of mine to regulate, coerce, and dominate him with my love."

Luke 6:31, "Treat others as you want them to treat you."

Imagine how liberating this kind of love is. Our love-example can begin within ourselves.

# Home Projects

Declutter: create boxes for donations

Goodwill

Homeless  
shelter

Toy Drive

Salvation  
Army

Reorganize

less mess =  
less stress!

[read more](#)



Extra Cleaning:

Find recipes for  
homemade cleaning  
solutions on my  
Pinterest boards!



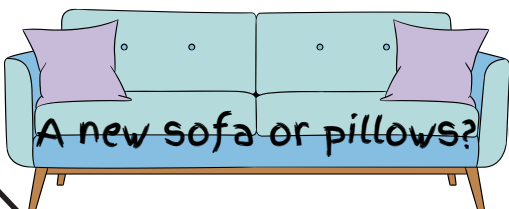
Refresh your rooms:

paint your walls

Shelf of books  
& fresh flowers



Add some artwork



A new sofa or pillows?

Bonus Project!





# FAMILY & FRIEND CONNECTIONS

## WHO NEEDS...

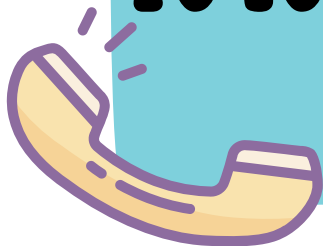


- encouragement
- patience
- forgiveness
- love
- prayer

**DOES ANYONE  
NEED EXTRA  
SPECIAL  
ATTENTION?**

**WHO CAN I  
REACH OUT  
TO FOR HELP?**

**WHO CAN I  
RECONNECT  
WITH TODAY?**



For holiday and event ideas visit [Gracious Gatherings](https://www.graciousgatherings.com)



MY POSITIVE  
WORK PLACE  
PLAN

SET TIME  
BOUNDARIES




EXPLORE  
OPTIONS!



MAKE  
COWORKER  
BOUNDARIES



DREAM BIG,  
WORK HARD,  
MAKE IT  
HAPPEN.



WORK TO  
CHANGE  
WHAT I CAN

KNOW WHAT  
I DON'T  
CONTROL \$  
LET GO



# 04: Public Life

Treat people with respect, empathy, and kindness.





*"It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others." Ephesians 2:10*

## PEOPLE NEED KINDNESS

Do we believe God has given us the power to change the world? It may seem like a huge task, but it happens through a million little things.

Mother Teresa said, "We can do no great things, only small things with great love." Most of us won't do big things, but we can all change our world, one person at a time.

God expects us to pass on to others the love and grace we receive from Him through Jesus.

Our mission on earth is not to impress, but to bless. Loving kindness should be our superpower, flowing out of our faith in Christ.

Representing God's care happens within our family, neighborhood, communities, and work. We reflect God's love for others, with our faces showing the fullness of God's peace. Our confident faith allows kindness to everyone.

When an opportunity arrives, we will be generous, caring, available, and willing to help. Simple attentiveness to other people can have a big impact.

We should never underestimate the power of love or diminish the value of our million little things. Over a lifetime, they will prove priceless!



# PUBLIC Life

WATCH FOR OPPORTUNITIES TO BE A BLESSING!

Smile



Say Hello!

VOLUNTEER YOUR  
TIME & TALENTS



MAKE KINDNESS  
YOUR  
SUPERPOWER!

# 05: 7 Day Challenge

Begin the work of building your life of peace with this 7 Day Challenge!





# Build a Life of Peace Workbook

## 7 DAY CHALLENGE

01

### Day 1: God

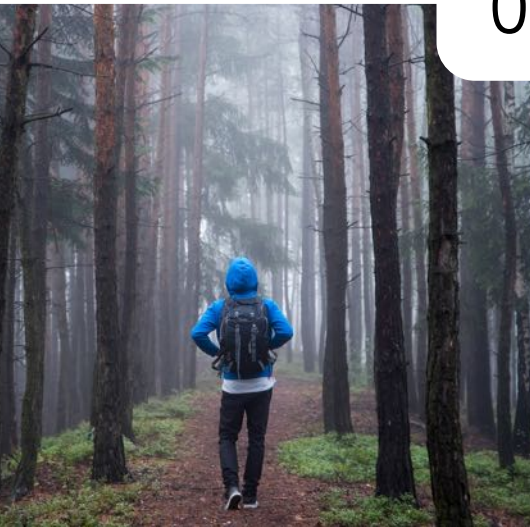
Schedule your daily prayer time. Set up your prayer space and gather your supplies. Be vigilant in setting aside this sacred time.



02

### Day 2: Yourself

Start a self-care journal. Add a fun collage of pictures that give you a smile. Make bullet lists for gratitude, points of self-acceptance, and positive ways to treat yourself!



03

### Day 3: Home

Write down and prioritize what you want to accomplish around the house: reorganize, declutter, clean, or refresh. Try to tackle one task a week to keep your momentum going.



04



## Day 4: Family & Friends

Reach out and keep connected. Mindfully react with patience. Cultivate love and peace, offering support and encouragement, even in frustrating moments.

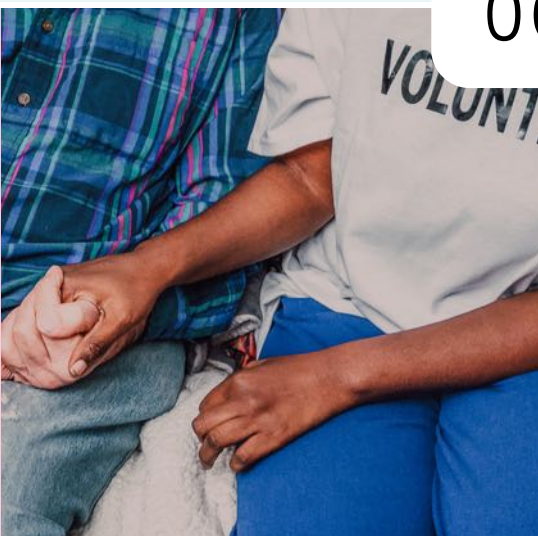
05

## Day 5: Work

In areas you control, set boundaries with your time and coworkers. Explore work options and, if necessary, make changes.



06



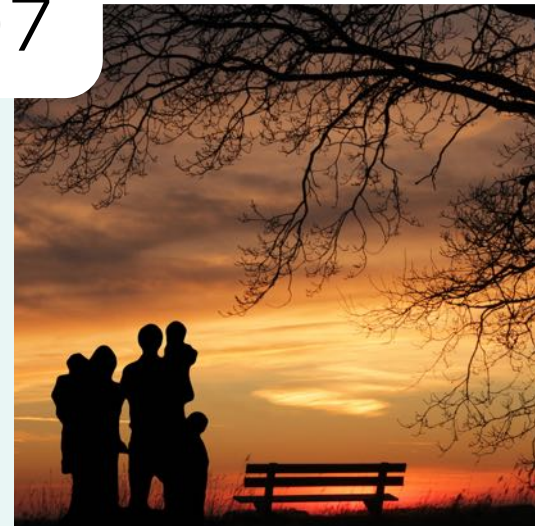
## Day 6: Public Life

Find a volunteer activity. When you are out, take the time to notice small ways of helping someone. Maybe eye contact, a smile, a hello, or holding the door?

07

## Day 7: Rest!

Create a day of peaceful rest, God did! Take a nap. Read a book. Listen to music. Take time to relax and do nothing. You deserve it!





# CONCLUSION



## FIND WHAT YOU NEED!

On our journey with God it helps to be encouraged. We want to know we are not alone in our struggles and be inspired in new ways of thinking.

I believe we *can* live trustfully in God's endless love and grace. Join me!

*haveagather.com*