



*the way in is the way on
Peace along the way*

When you slow down, and have some quiet, what feelings and thoughts come up for you?

What do you do when you experience emotions of sadness worry or anger about things you cannot change?

Philippians 4:4-7 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.

Do not be anxious about anything, but in every
situation, by prayer and petition, with thanksgiving,
present your requests to God.

And the peace of God, which transcends all
understanding, will guard your hearts and your minds in
Christ Jesus.