

# Peace



Is your life a mess? Are you troubled in mind body and spirit?

You can have peace in your life no matter what may come against you.

**Phillipians 4:7**  
*And the peace which passeth all understanding, shall keep your hearts and minds through Jesus Christ.*

God Loves you and wants you to have peace in your life

You have heard the saying, "Prayer changes things" and it does there is a song written by Randy Simpson that says

Sometimes he calms the storm  
And sometimes He calms me  
Sometimes the storm still rages on  
But I feel the sweetest peace."

When your burdens seem heavy, you do not have to carry them alone. Give them to Jesus. He is always there.

**Matthew 11:28**  
*Come unto me all ye that labour and are heavy laden, and I will give you rest.*

God will always provide a way out of your troubles. When all seems to be closing in around you and you cannot see a way out. LOOK UP

No matter how bad things get there are always blessings. Sometimes you really have to look for them but they are there. Sunshine, flowers, family, friends, etc. Make out your own blessings list and read it often. Then thank God for them

Dear Father in Heaven,  
Thank you for helping me withstand my troubles. Thank you for the many blessings in my life

In Jesus name  
Amen  
Peace will come.

If I can be of assistance please email me at  
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