

7 Meditations on Peace

Use the 6 Steps for Bible Meditation to reflect on these scriptures. You can find the 6 steps in the *Bible Meditation & Mindfulness Journal*. Visit BibleMeditation.com for more resources.

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.

Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

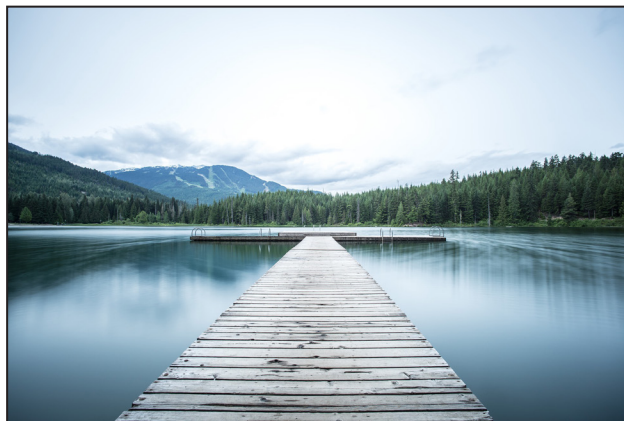
Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2 Thessalonians 3:16 Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Isaiah 26:3-4 You will keep in perfect peace him whose mind is steadfast, because he trusts in you. ⁴ Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.

1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.

Isaiah 54:10 Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.



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