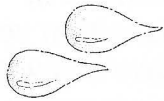


A Pocketful of Peace

1. Peace With God

Quietly think back over the last few days. Have you done something you're sorry for? Ask Jesus to forgive that sin right now.



"Create in me a new, clean heart, O God, filled with clean thoughts and right desires. Restore to me again the joy of your salvation, and make me willing to obey you" (Psalm 51:10, 12 TLB).
Believe that you are forgiven and at peace with God.

2. Peace With Yourself

Read aloud these words of Jesus:

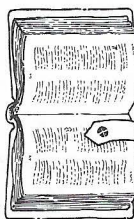
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and



learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).
Are there things that are worrying you?
Pretend to hold those things in your hands.
Pray and ask Jesus to take the worries from you.

3. Peaceful Moments With Jesus

Find a Bible with Jesus' words



printed in red. Turn to the Gospels, the books of Matthew, Mark, Luke, and John. Choose anyplace in those books to begin reading, and read Jesus' words by "reading the red."
Read aloud; then pause to think about what you've read, as if Jesus were talking to you.
Pray and ask God to help you to understand Jesus' words and to live by them.

Jesus knew how important it was for his followers to get away and spend time with him. After a busy day he told them, "Let's go off by ourselves to a quiet place and rest awhile" (Mark 6:31).

This is your invitation to a quiet time with Jesus.