



P.E.A.C.E.



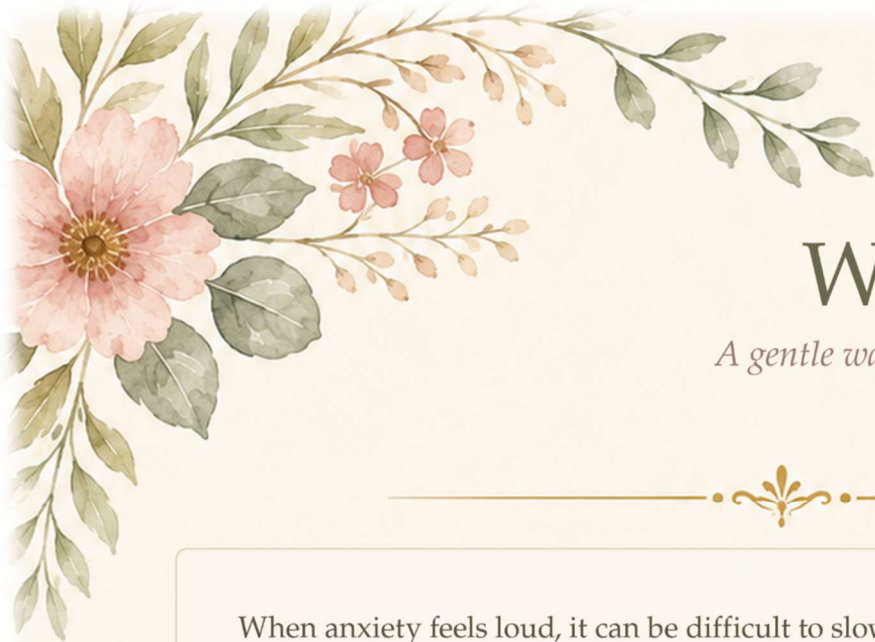
A Scripture-Centred Reset
for Anxious and Overwhelmed Moments



"May the God of hope fill you with all joy and peace as you trust in him."

Romans 15:13





Welcome

A gentle way to return to God's peace



When anxiety feels loud, it can be difficult to slow your thoughts, find the right words, or know what to do next. P.E.A.C.E. offers a simple way to pause and meet God in the middle of the moment.

This practice is not about forcing yourself to feel calm or pretending everything is fine. It is an invitation to notice what is happening within you, bring it honestly to God, and take one gentle step at a time.

How to Use This Guide

1 Find a quiet place, if possible, and allow yourself to pause.

2 Move through the five P.E.A.C.E. steps slowly. Do not rush.

3 Write a few words, pray aloud, or sit quietly with God.

4 Return to this practice whenever anxiety begins to rise.

"Be still, and know that I am God."

Psalm 46:10

*You do not need perfect words.
Begin exactly where you are.*





The Five P.E.A.C.E. Steps

A gentle reset for moments when anxiety begins to rise



P

Pause and Breathe

Stop for a moment. Let your shoulders soften and take one slow breath. You do not have to solve everything right now.

"Be still, and know that I am God." Psalm 46:10

E

Express What You Are Feeling

Name what is happening without judging yourself. Tell God what feels frightening, heavy, or uncertain.

"Pour out your hearts to him." Psalm 62:8

A

Ask God for Help

Use simple words: "Jesus, meet me here. Give me the wisdom, strength, or comfort I need for this moment."

"The Lord is near to all who call on him." Psalm 145:18

C

Choose One Truth

Choose one Scripture or faithful truth to hold above the anxious thoughts. Repeat it slowly and let it become your anchor.

"You will keep in perfect peace those whose minds are steadfast." Isaiah 26:3

E

Entrust the Next Step

Place what you cannot control into God's hands. Ask only what the next gentle, faithful step may be.

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

Move slowly. You may stay with one step for as long as you need.





Guided P.E.A.C.E. Reflection

Pause here whenever you need help returning to God's peace



P

Pause and Breathe

What do I notice in my body and breathing right now?

E

Express What You Are Feeling

What am I feeling? What thought or concern keeps returning?

A

Ask God for Help

God, what do I need from You in this moment?

C

Choose One Truth

What Scripture or faithful truth will I hold close?

E

Entrust the Next Step

What can I release to God? What is one gentle next step?

*Jesus, I place this moment in Your hands.
Hold what I cannot carry and guide my next step. Amen.*





P.E.A.C.E. Pocket Cards

Print, cut, and keep these reminders where you will see them



The P.E.A.C.E. Practice

- P Pause and breathe
- E Express what you feel
- A Ask God for help
- C Choose one truth
- E Entrust the next step

Move slowly. God is with you here.

A Prayer for Anxious Moments

Jesus, meet me here.
Quiet what feels loud.
Help me receive Your peace,
trust Your presence,
and take the next faithful step.
Amen.

Truth to Hold Close

*"Do not fear, for I am with you; do
not be dismayed, for I am your God."*

Isaiah 41:10

One Gentle Next Step

What is mine to do right now?

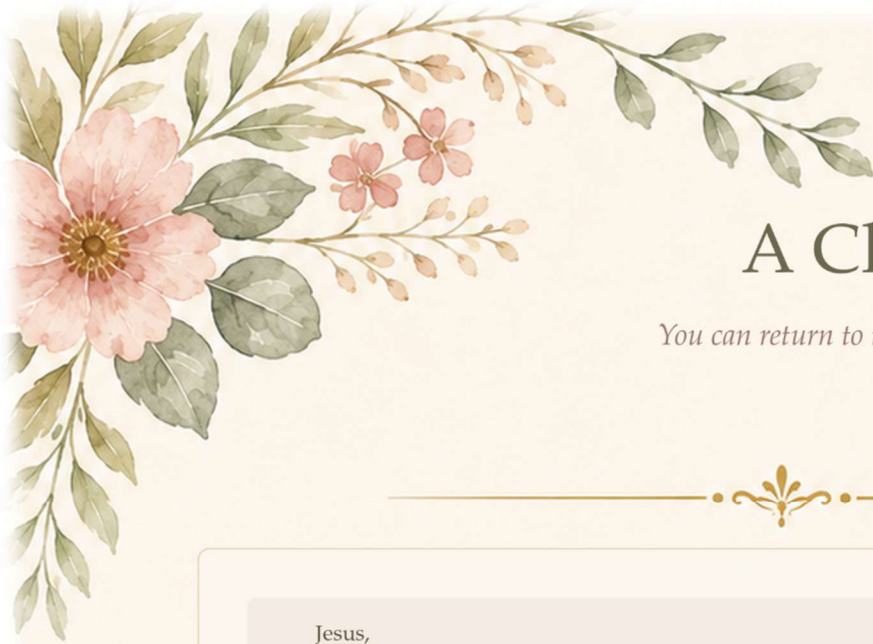
What can wait?

What can I release to God?

I do not have to solve everything today.

*Keep one close, place one beside your bed, or share one with someone who needs
encouragement.*





A Closing Prayer

You can return to this prayer whenever anxiety feels loud



Jesus,

When anxiety feels louder than Your peace, help me pause. Meet me in what I am feeling.
Remind me that I do not have to carry tomorrow today.

Give me courage to ask for help, wisdom to choose what is true, and grace for the next faithful step.

I place what I cannot control into Your hands. Guard my heart and mind. Steady my breathing and help me rest in Your presence.

Thank You for staying near when I feel overwhelmed.
Amen.

"The peace of God ... will guard your hearts and your minds in Christ Jesus."

Philippians 4:7

Prayer Requests & Notes

God is near in this moment and faithful in the next.

