

OUR WORLD IS FILLED WITH
CIRCUMSTANCES THAT
THREATEN OUR PEACE.



From global events to controversies
and conflicts in the church, we
know the weight of it all can feel
overwhelming.

Sometimes we need to shift our focus
to have capacity for the hardships we
face. Passing the peace is a strategy
backed by brain science and the Bible
that centers us in the peace Jesus
promised.



Life Model
Works™



*Buy the full Passing the Peace book to
learn more ways to feel peace and share
with people in crisis.

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PASSING THE PEACE AFTER A CRISIS



Life Model
Works™

PASSING THE PEACE STARTS FROM PEACE *WITHIN*

To help others find a peaceful state of mind we must be peaceful ourselves. From a peaceful place, we can help others experience God's peace. We pass our peace to others who may not be aware of God, may not share our faith or even believe in God.

Whether or not people share our beliefs, they cannot deny our peaceful presence with them. Peace cannot be faked.

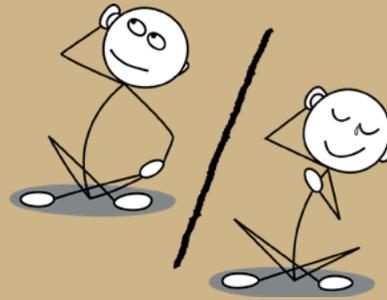
Our presence becomes a gift when we are emotionally present and grounded.



1

Express Appreciation

Think of something that makes you smile or brings you joy! Pause for 90 seconds to meditate on this gratitude experience.



2

Ask God to Highlight a Peaceful Memory

Sit in the peaceful moment until you sense calm in your body and your mind begins to settle.

Ask God if there is anything else He wants you to notice about the moment.

GOD'S PERSPECTIVE PRODUCES PEACE.

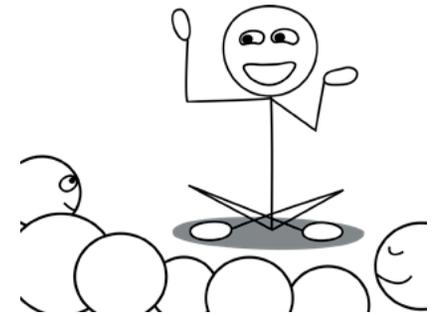
"And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful."

Colossians 3:15

3

Test for Peace

We know we've returned to a peaceful state when we experience a shift in our perspective that is closer to God's reality. Repeat steps 1 & 2 until you experience His peace.



4

Share Your Story

Finally, tell your peace story (our gratitude for the change in us created by connecting with God's peace) to two or three people you trust. Notice how the peace passes to those who listen.

It is important to practice peace and thankfulness long before a disaster happens. When the small stresses of daily life take away our peace and thankful hearts, we will have little to offer in moments of deep need.

One simple way for Christians to build a sense of God's peace is through a practice we call Immanuel Journaling, which begins with thanksgiving.*

As we reflect on what we have written, we learn to test our thoughts and notice what God is inviting us to see.