The Inside Job

Episode 9 | Shifts: Peace on the Journey

Wherever we are in the shifts and season of life, here are five self-assessment questions for us to reflect on to retain the peace of God.

01

Why am I timid, or anxious or afraid? What evidence in my life proves otherwise? What am I carrying that I need to release to God?

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

02

What does God's word say about peace, worry, and anxiety? In what ways can I meditate on 1 specific scripture this week and activate and deepen my faith?

"I will meditate on Your precepts and [thoughtfully] regard Your ways [the path of life established by Your precepts]." Psalm 119:15

03

What are the lessons in the shift and what am I grateful for?

"Know and fully recognize with gratitude that the Lord Himself is God; It is He who has made us, [a]not we ourselves [and we are His].We are His people and the sheep of His pasture. Enter His gates with a song of thanksgiving And His courts with praise. Be thankful to Him, bless and praise His name." Psalm 100:3-4

04

Are there areas of disobedience and misalignment in my life that are disconnecting me from the source of peace?

"Why do you call me, 'Lord, Lord,' and do not do what I say? As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete." Luke 6: 46-49

05

What small, manageable steps can I take to hold my peace?

"I listen carefully to what God the Lord is saying, for he speaks peace to his faithful people. But let them not return to their foolish ways." Pslam 85: 8

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