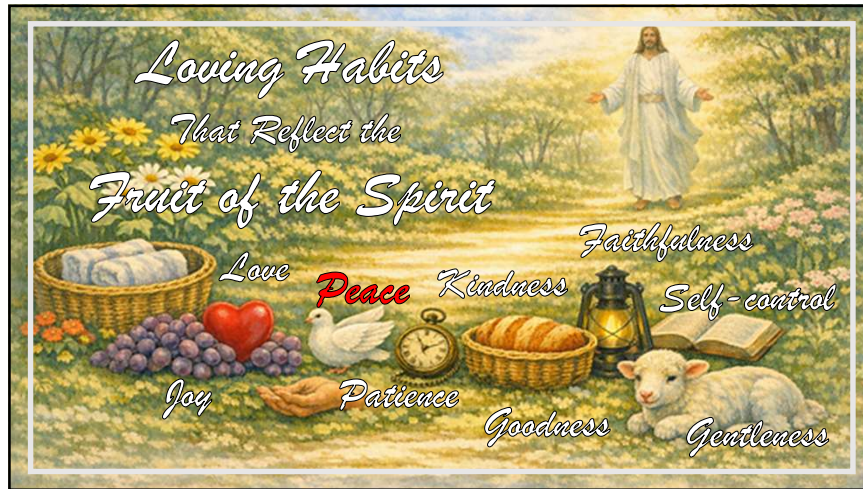




1



2

Philippians 4 (ESV)

4 Rejoice in the Lord always. I will say it again: Rejoice!
5 Let your gentleness be evident to all. The Lord is near.
6 Do not be anxious about anything, but in every situation, 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.

3

Philippians 4 (ESV)

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. 9 Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

4

Theme

Peace becomes a habit when trust replaces fear.

- Peace grows as we surrender control to God, trusting His wisdom more than our worries.
- Peace becomes a daily habit as we pause, breathe & remember God's steady presence in each moment.
- Peace transforms fear into faith by reminding us that we are never alone & God is always faithful.

5

Biblical Peace

- Biblical peace is the deep assurance that God is present & actively with us, even when circumstances feel overwhelming.
- It is a gift from Jesus that steadies the heart & cannot be taken away by external chaos.
- It is the inner calm that comes from trusting God's control rather than our own understanding.
- It is a protective guard over our hearts & minds, keeping fear and anxiety from ruling our thoughts.
- It is the settled confidence that God cares for us, carries our burdens & faithfully provides what we need.

6



*Peace Comes From
Trusting God's Presence*

7

Peace Comes From Trusting God's Presence

- God is with us in every caregiving moment - Even when routines fall apart or confusion rises, God's steady presence anchors your heart.
- 10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.***
(Isaiah 41:10 ESV)

8

Peace Comes From Trusting God's Presence

- Jesus gives a peace the world cannot imitate - His peace is not dependent on circumstances but on His unchanging character.

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. (John 14:27 ESV)

9

Peace Comes From Trusting God's Presence

- God's peace guards our heart & mind - As anxiety rises, His peace acts like a shield around our emotions & thoughts. (Philippians 4:6–7)
- God leads us beside still waters - Caregiving may feel like constant motion, but God invites us into moments of quiet rest.

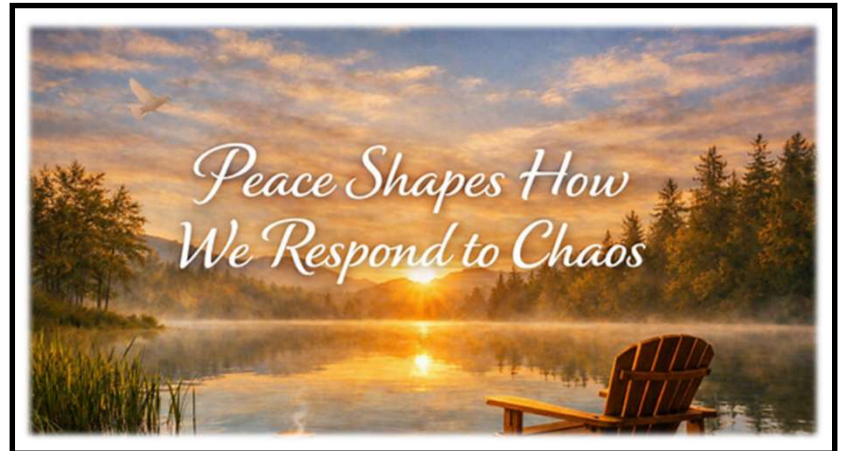
2 He makes me lie down in green pastures, he leads me beside quiet waters, (Psalm 23:2 ESV)

10

Peace Comes From Trusting God's Presence

- Peace grows through prayer - Each prayer becomes a doorway for God's calming presence to settle our spirit.

11



12

Peace Shapes How We Respond to Chaos

- Calm responses de-escalate agitation - Our peace can soften the emotional atmosphere for our loved one.
 - Soft words turn away anger - Gentle tones help redirect confusion or frustration.
- 15 A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1 ESV)***
- Peace helps us pause before reacting - A deep breath & a whispered prayer can prevent emotional overload.

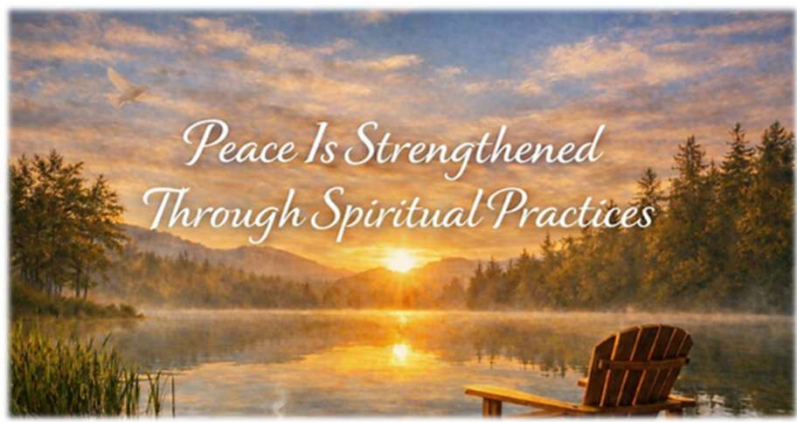
13

Peace Shapes How We Respond to Chaos

- Peace allows us to release guilt - we are not responsible for outcomes; only for loving presence.
- Peace helps us accept what we cannot control - Surrendering the uncontrollable frees our heart from constant tension.

14

*Peace Is Strengthened
Through Spiritual Practices*



15

Peace Is Strengthened Through Spiritual Practices

- Silence & solitude quiet the soul - Even a short pause can reset our spirit.
- Short prayers calm our body & heart. ("Lord, give me Your peace... Lord, I trust You.")
- Scripture reflection renews perspective - God's Word reorients our mind toward truth & hope.

16

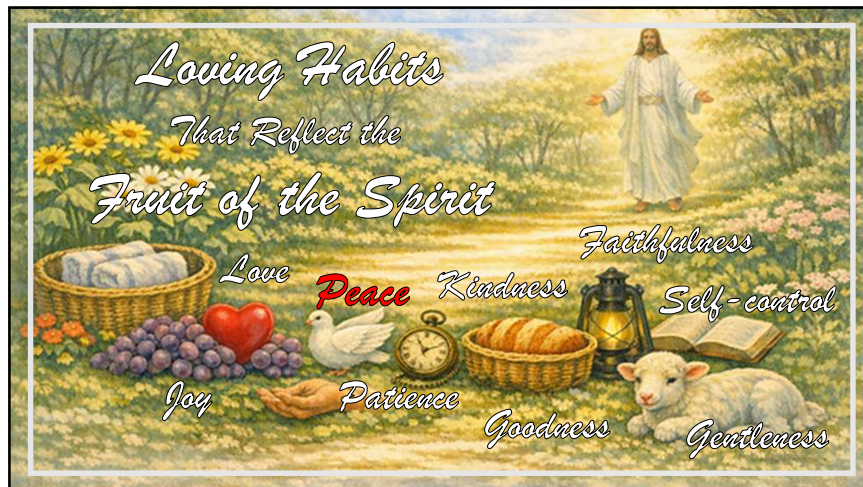
Peace Is Strengthened Through Spiritual Practices

- Casting burdens on the Lord lifts emotional weight- He cares deeply for us.
7 Cast all your anxiety on him because he cares for you. (1 Peter 5:7 ESV)
- Sabbath moments restore strength - Small, intentional pauses become sacred spaces of renewal.

17



18



19

Discussion Questions

- What caregiving situations most disrupt your peace?
- How do you experience God's peace in stressful moments?
- What helps you release anxiety to God?
- How could you build "peace pauses" into your day?
- Where do you need God's peace most right now?

20