



# Lessons from Lockdown

## TIME TO REFLECT:

*Week 4 - Peace*

**Read our Philippians passage for the week:**

- PHILIPPIANS 4:4-9

- 1** What things have you been anxious about during lockdown? How do you recognise that you are feeling anxious and how do you usually respond?

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- 2** As we submit our requests to the Lord with thanksgiving, in return He gives us peace that goes beyond our understanding. Insert the things you have been, are, or could become, anxious about in the sentences below and then take a few moments to slowly read each one out loud, allowing the Lord to minister His peace to your heart and mind as you submit them to Him. Make a note of how peaceful you feel today, revisit this daily for the next week, and then make a note of any difference in how peaceful you feel.

Peacefulness today: ..... / 10

Lord, thank you that your word promises me peace. I submit .....  
to you and I receive your peace afresh.

Lord, thank you that your word promises me peace. I submit .....  
to you and I receive your peace afresh.

Lord, thank you that your word promises me peace. I submit .....  
to you and I receive your peace afresh.

Lord, thank you that your word promises me peace. I submit .....  
to you and I receive your peace afresh.

Lord, thank you that your word promises me peace. I submit .....  
to you and I receive your peace afresh.

Peacefulness after a week: ..... / 10

How would you describe the difference that regularly submitting these things to the Lord has made?

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**3** How can you put some of your personal lessons from lockdown into practice? Make a note of some key lessons and write a simple related action you can do this week. You might want to share this list with someone else who you trust so they can keep you accountable in putting your lessons from lockdown into practice.

Something I have learned is: .....

Something I will do is: .....

Something I have learned is: .....

Something I will do is: .....

Something I have learned is: .....

Something I will do is: .....

## **PRAY**

*Give thanks to the Lord for His promise of peace and spend some time in thanksgiving for all the good things in your life. Submit your anxieties to Him and ask for His peace. If you have any recurring anxious thoughts, declare the Lord's sovereignty and peace over them. Ask for the Holy Spirit to fill you afresh and to energise you as you put some of your key lessons from lockdown into practice this week.*

## FURTHER RESOURCES:



Take some time to listen to [Tremble by Mosaic MSC](#) and [Peace by Bethel Music feat. We The Kingdom](#) – sing the words out over any and all situations causing you anxiety and allow the Lord to minister His peace to you through these songs.



[Putting an 'X' Through Anxiety](#) 7-day YouVersion Bible-reading plan



[Battlefield of the Mind](#) – *by Joyce Meyer*



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