

# Peace Guide

a guide by Rebecca Hamlin



The devil uses lies about who God is, who we are and where to find our peace. This guide will help us find our peace IN Jesus when we need it the most.

The goal of this exercise is to follow Jesus' example in Matthew 4. These entries will help you retrain your mind to turn from the enemy's obsessive thoughts (rooted in lies) to the truth of scripture. When the lies come, don't open a dialogue with them. Just change the channel to truth. Resist by redirection.

**It's by spirit and truth  
that we are transformed  
into the image of Jesus  
and set free to live in line  
with all that is good,  
beautiful, and true.**

Here's how the exercise will work (*you'll write your answers when instructed later*). In box 1, we'll have an obsessive thought that keeps coming to mind, a lie that you just can't shake, a toxic feeling (like shame or worry), or a sensation in your body (like tightness of chest, shallow breathing, or a sense of dread). Thoughts, emotions, and sensations are separated only when written about as different chapters in a book. In your body, they overlap, collide, and mix together like a chemical reaction.

**1.**

**What's the thought, feeling, and/or sensation?**

*I'm worried about not being able to pay my bills/worry/fear for the future/tightness in my chest*

In box 2, we'll articulate the lie behind the thought, feeling, or sensation. If you're feeling scared and your chest is tight, it could be a lie like, I'm not safe if people criticize me. If so, what's the attachment under the anxiety? Could it be an attachment to living a suffering-free life where all people speak well of you? Safety isn't bad, but the need to be constantly safe can become a prison that holds us in fear and out of love.

**2.**

**What's the lie beneath the thought, feeling, and/or sensation that reveals your attachment?**

*My security is in my job. Life should be easier. I shouldn't struggle with money.*

In box 3, we'll write out a scripture or word from the Spirit that counters the lie. Then turn your mind to this truth whenever the lie reappears in your mind stream. It will, many times. Don't be discouraged. It happens to all of us, constantly. Resist!

*If you're unsure what the truth is, a web search is easy and helpful. Just search for, "What does the Bible say about (thought, feeling, and/or sensation)?"*

### 3.

#### **What's the truth?**

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not more valuable than they? Can any one of you by worrying add a single hour to your life?" - Matthew 6:25-27*



# Now, it's your turn:

**1.**

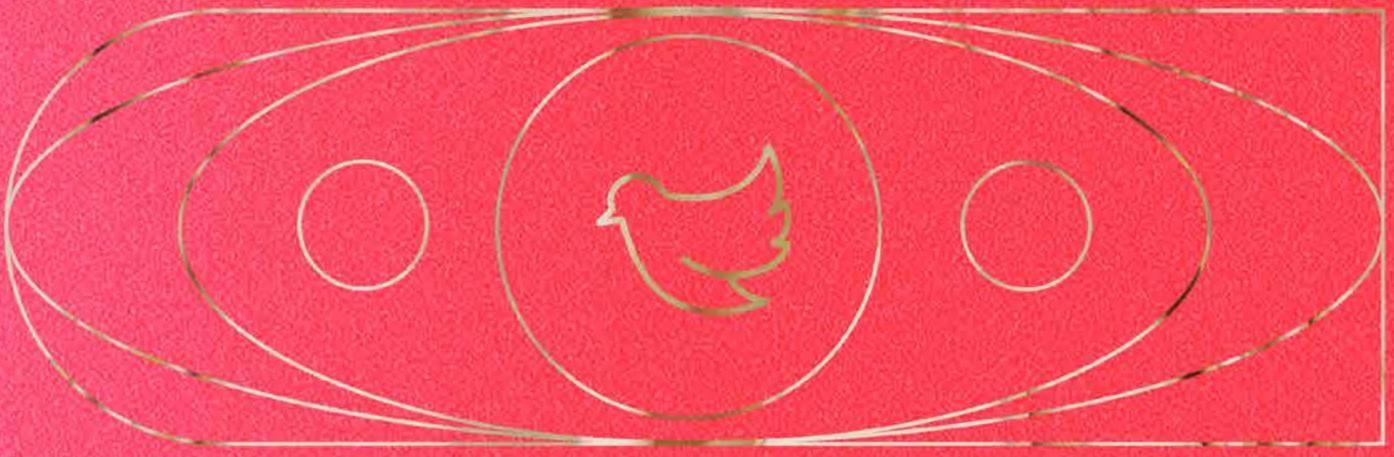
**What's the thought, feeling,  
and/or sensation?**

**2.**

**What's the lie beneath the thought, feeling, and/or sensation that reveals your attachment?**

**3.**

**What's the truth?**



\*Adapted from the book *Live No Lies*  
by John Mark Comer

**Manifest**  
the evidence of the Spirit



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