

## Peace

It is hard to imagine a life of peace when anxiety fills our hearts and minds. In this episode, Justin Stewart and Kevin Geer discuss ways to keep everyday anxiety in check.

### Peace Must Be Found in Two Places:

#### In the HEART

1. Confess Sins
  - God I am sorry for this \_\_\_\_\_
    - It is amazing the freedom this gives.
    - Guilt - I made a mistake.
    - Shame - I am a mistake.
2. Release Angst
  - Clear the slate.
  - Let it go.

#### In the MIND

1. Truth over Lies
  - Take a lie captive. Speak truth over it.
2. Meditate on God
  - Forgiveness
  - Love
  - Mercy
  - Strength of God