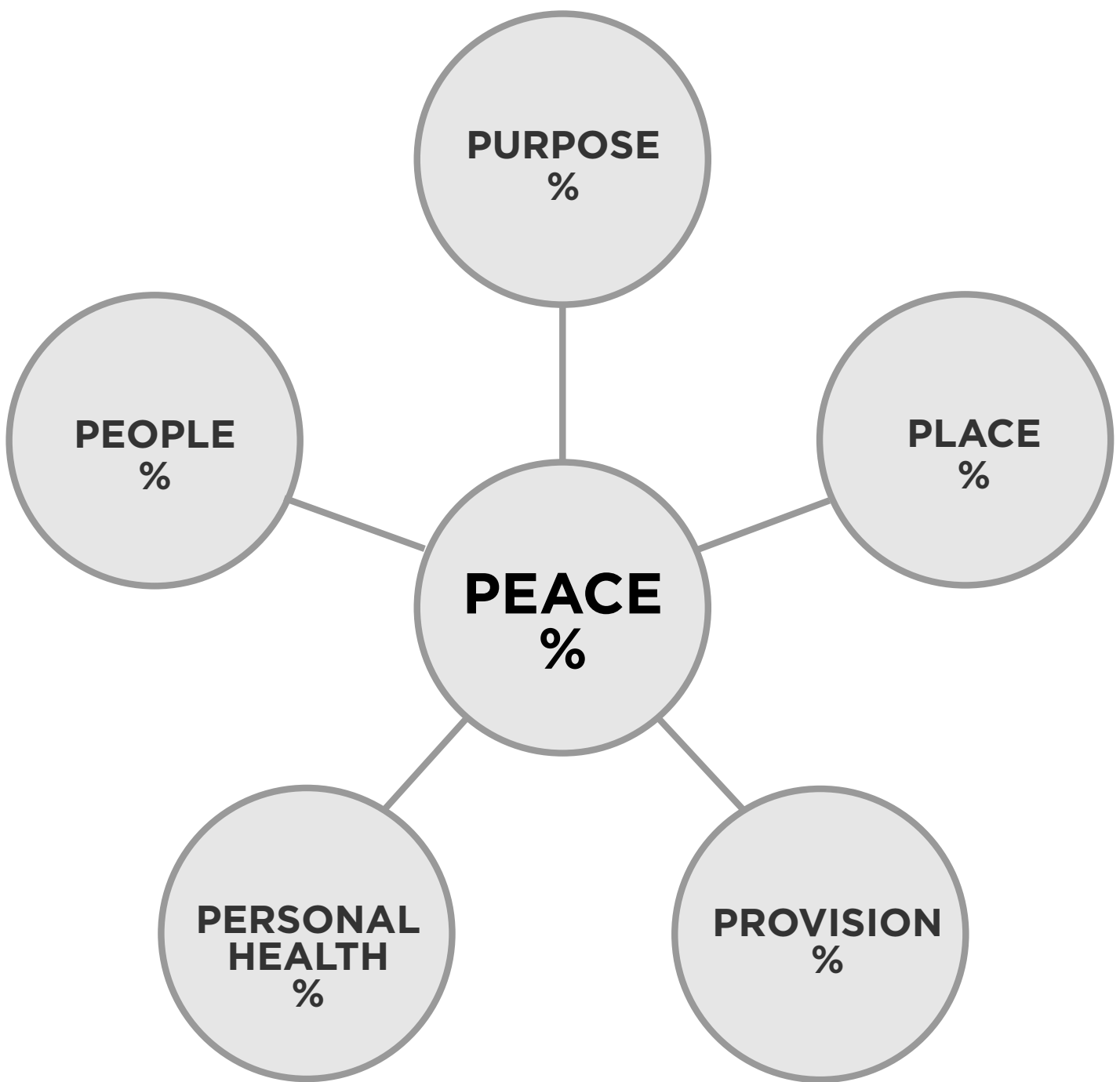


PEACE INDEX



Source Credit: Frog Orr-Ewing, Dr. Joe Hill, GiANT Worldwide

SESSION ONE

The Peace Index is a simple assessment of measuring your personal peace by considering five critical areas of your life. **What's your number?**

QUESTIONS

1. Purpose: is what gets you out of bed in the morning and gives your life meaning. Give yourself a Purpose score between 1 and 100% _____.

2. People: how do you feel about the most important people in your life? Family members, friends, co-workers? Give yourself a People score between 1 and 100% _____.

3. Place: what is your level of peace related to your spaces: house, community, city, environment? What's your Place number 1-100%_____.

4. Personal Health: This is your overall health of mind, body, and spirit. Give yourself a number, 1 to 100% for your Personal Health _____.

5. Provision: Provision includes all of your resources, earnings, and your general feeling of peace about having what you need. Give yourself a Provision number 1 to 100% _____.

*Now add up all 5 numbers and divide by 5.
This is your real time Peace Index number.*

6. What does your number reveal to you? What insights do you gain from each number?

SESSION TWO

SCRIPTURE: Philippians 4:6-7. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

QUESTIONS

1. Which area of your Peace Index scored the highest? Why do you think that is?
2. Which area of your Peace Index scored the lowest? Why do you think that is?
3. Philippians 4:6-7 is a great passage to help us know how to experience peace. What does the passage tell us to do? What does the passage say that God will do?
4. How can you begin praying and even thanking God about the areas where you are feeling the lowest level peace?
5. Identify 2-3 things you can do to be intentional about raising your peace number in your lowest areas.

Examples Include: making changes to your life (who you are around, where you go, how you think, where you live), regular prayer, talking about it instead of avoiding it, resting in other areas of peace.

SESSION THREE

GROWING YOUR PEACE one percent at a time! Let's identify growth opportunities for yourself that will provide greater peace.

QUESTIONS

1. Purpose: 1. What is one way your purpose is going great and one way your purpose is lacking or has room to grow? 2. Identify a growth opportunity. What's one way to grow your purpose (even if it's just 1%).

2. People: 1. What's one example of people giving you peace and one way the people in your life are draining peace from you? 2. Identify a growth opportunity. What's one way to grow your people number (even if it's just 1%).

3. Place: 1. What is one way your place is providing peace and what is one way your place is lacking peace and has room to grow? 2. Identify a growth opportunity. What's one way to grow your place number (even if it's just 1%).

4. Personal Health: 1. What is one way your personal health is trending towards peace and what is one way your personal health is lacking or has room to grow? 2. Identify a growth opportunity. What's one way to grow your personal health (even if it's just 1%).

5. Provision: 1. What is one way your provision is going great and what is one way your provision is lacking or has room to grow? 2. Identify a growth opportunity. What's one way to grow your provision peace number (even if it's just 1%).