

# AS ONE AT 10

## **Good morning everyone**

We are glad you are tuning in this morning so we can be as-one-at-ten.

This week we are going to spend some time considering what it is to thrive in life. An aspect of God's Kingdom that helps us to thrive is His shalom. God's shalom or peace is not just living a worry free life it actually encompasses so much more - harmony, wholeness, completeness, prosperity, welfare and tranquility. Living in God's peace is essentially being complete and thriving in the aspects of life God desires for us as His children. s

## **John 14:27**

*"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*

Thinking about the true meaning of peace this verse give me two things that I meditate on. Number one... it is not dependant on the world and the situations of life, I can received Jesus's peace and all those promises directly from Him. Secondly the part I play is to stop myself from focusing on the things that make me fearful and worried. When they start building up I need to turn to Jesus and turn my heart away from troubled thoughts.

Jesus shapes us through His Kingdom in us, so allowing His peace to fill our lives we are allowing Jesus to touch us and move us closer to a thriving life.

## **Let us pray**

Heavenly Father we thank you for the gift of your peace in our lives. Holy Spirit we ask you to settle Your peace on our lives this morning. In Jesus Name. **Amen.**