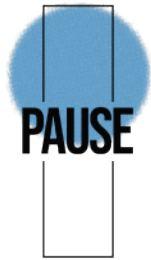


Filled with his peace, we pass it on to the people and places where we live, work and love. Through these practices we transform together.



One day each week we Pause from our labors so that we can delight in Jesus (Matthew 11:28-30).

- Choose one day each week. Choose a three-hour block of no distractions. *What day is most likely to have the least disruptions?*

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- Turn off distractions. *What most distracts you?*

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- Enlist others. *Who needs to know about your Pause practice to help make it happen?*



When we Eat with others, we reflect the joyful hospitality of Jesus, elevating ordinary actions into an expression of Christ's restorative kingdom (Mark 2:16-17).

- Pray for people. *Who is near you that you will enjoy intentional time with? Who is different from you—in faith or culture—that you will enjoy intentional time with?*

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- Plan ahead. *What will you do with your people once a week?*

- 
- Limit distractions. *What most distracts you from the practice of Eat?*
-



We Ask questions the way Jesus did, with a curious and compassionate posture, to spark rich, authentic spiritual conversations (Genesis 3:9).

- See who is available. *Who will you Ask questions of and listen to?*
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- Be thoughtful. *Think about questions before you meet up.*
- 

- Be caring. *Meet up or connect with others. Even a Zoom call (or old-fashioned phone call) could mean a lot for many people.*
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We Commune with at least two other Christians, committing to a small community that shares the mission of Jesus (Hebrews 10:24-25).

- Pray. *Who are at least two people, also doing Practices of PEACE, to Commune with?*
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- Be intentional. *When will you “meet up” and what will that time look like?*
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- Limit distractions. *What most distracts you from the practice of Commune?*
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We invite Jesus to Examine us daily through prayer and the reading of God’s word (John 15:5).

- Establish a sustainable practice: *How will you make Scripture reading and prayer a daily rhythm (think when, where, what to do)?*
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- Limit distractions: *What do you need to remove or limit, to make time for Examine?*
- 

- Tell someone. *How can you share what you receive from Scripture and prayer, with others?*
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