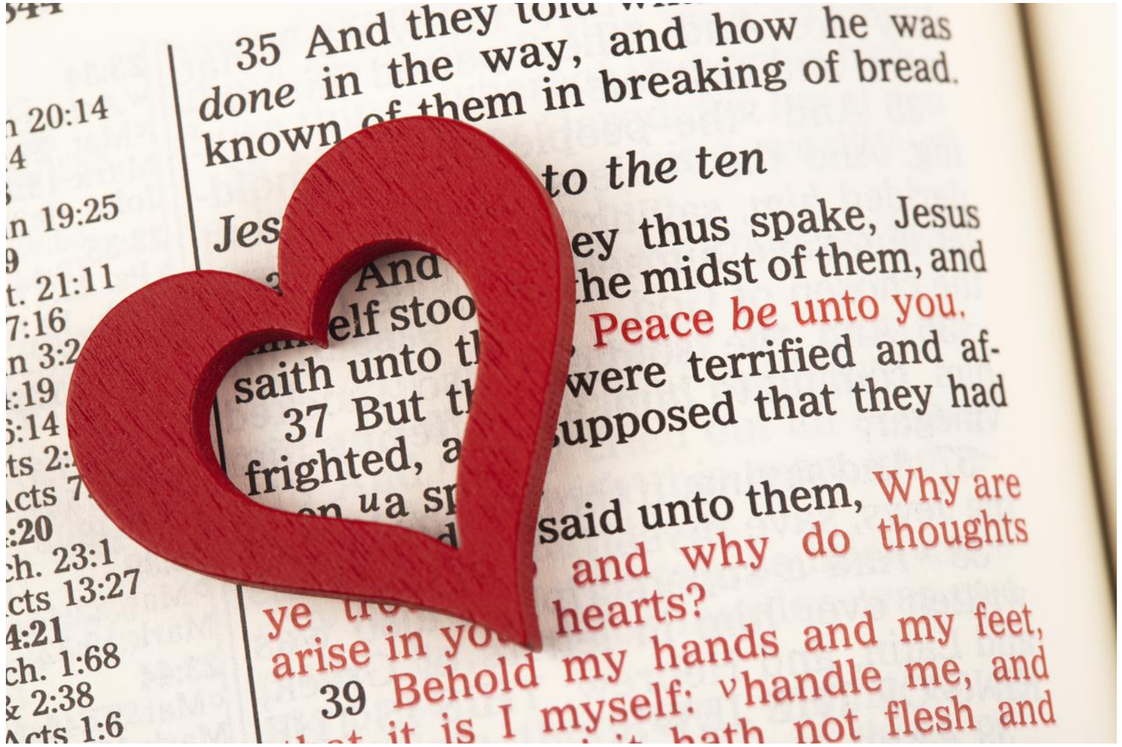
Catholic Education:

BECOMING ARTISANS *of* PEACE

"Blessed are the peacemakers, for they will be called children of God."
(Matthew 5:9)

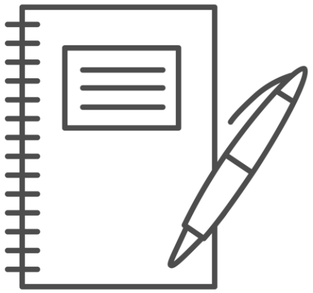


Prayer and Activity

Peace Within

Activity - Peace of Mind

1. Brainstorm



Personal Journal:

Write a list of the things you are worried, concerned, or feeling anxious about. This is a personal list, you won't be asked to share it.

or

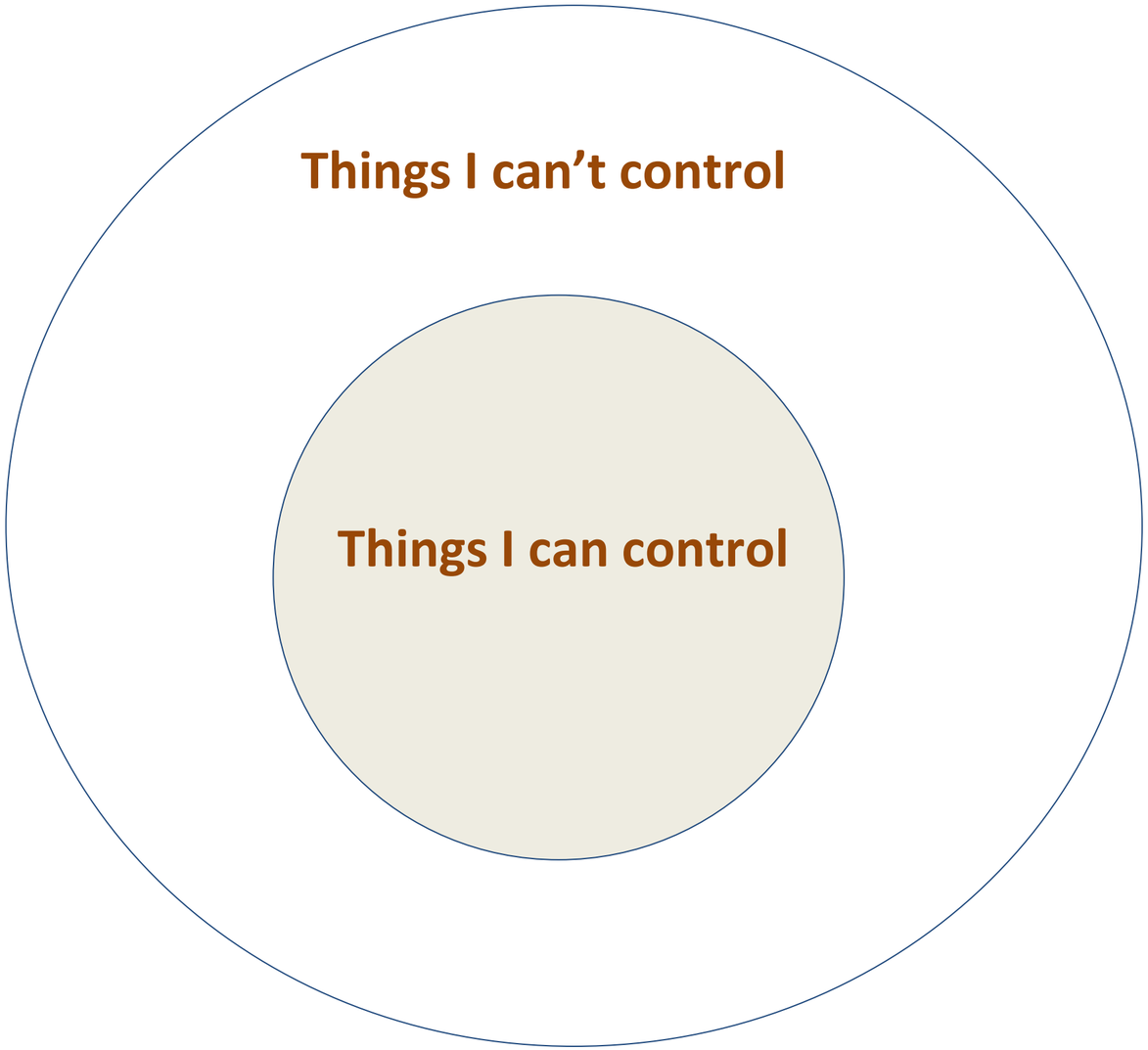
Group Discussion:

What are some things people your age worry about? What problems might they be facing? What fears or concerns do they have? Make a list or write each one on a sticky note.

2. Reflect

Group Discussion Option:

Place each concern in the circle where it belongs.



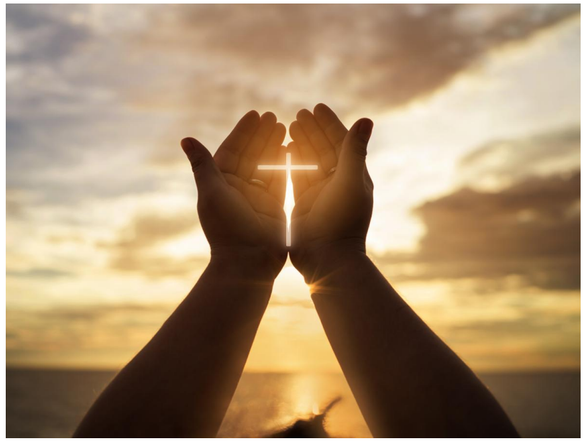
- **Personal Journal Option:** Draw and label two circles like this example.
- Read through your list and write each concern in the circle where it belongs.

3. Pray

Entrust it to God: Take a moment to pray and give these concerns over to God, trusting that He knows, loves, and cares for us.

Ask for Wisdom: Choose one item from the inner circle. Ask God for the wisdom and courage to take one positive step today.

Anchor in the Word: Memorize the passage, or write it somewhere you'll see it often.



"Do not worry about anything,
but in everything by prayer and
supplication with thanksgiving
let your requests be made known to God.
And the peace of God,
which surpasses all understanding
will guard your hearts and minds
in Christ Jesus."

- Philippians 4:6–7

Pray: Peace within

A prayer for peace of mind by St. Francis Xavier Cabrini