

YogaXoga LLC
Christ-Centered Affirmation: Peace

**Releasing all tightness and tension. Releasing all control.
Releasing all thoughts, plans and worries and taking refuge in the Lord.
Letting the Holy Spirit give us a sense of peace.**

A heart at peace gives life to the body. [Prov 14:30a](#)

The Lord gives strength to his people; the Lord blesses his people with peace.
[Ps 29:11](#)

You will keep in perfect peace him whose mind is steadfast, because he trusts in you. [Is 26:3](#)

(Lord said...) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. [John 14:27](#)

(Lord said...) I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
[John 16:33](#)

2 Thess 3:16

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Rom 5:1-2

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. [Rom 15:13](#)

Eph 2:14-18

For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace, and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit.

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Allow your physical tensions and mental clutter to fade away – creating a space for you to be still and hear God’s voice. As our physical tensions and emotional tensions release, focusing on the peace of God – the peace that we find when we trust in Him....Taking the next few moments to pray, or be still & listen for God’s presence, His peace