

## **Bless This Home Life Applications -Personal Peace**

1. "Peace Jar" Challenge: Give each family a jar and slips of paper. For one week, family members write down moments of peace they experience or create, no matter how small. At the end of the week, read them together to reinforce peaceful practices.
2. "Superior Reality Glasses": Provide cheap sunglasses, calling them "Superior Reality Glasses." Encourage wearing them as a physical reminder to view situations from God's perspective rather than the "inferior reality" of worldly anxiety.
3. "Conflict Resolution Role-Play": Set up scenarios in small groups where people practice the three conflict resolution methods mentioned (overlook, discuss, mediate) using real-life examples from congregants.
4. "Peace Audit": Create a simple checklist for families to "audit" their home environment for elements that promote or hinder peace (e.g. media consumption, communication habits, shared spiritual practices).
5. "Anxiety Exchange Program": Set up a prayer station where people can write down their anxieties on slips of paper and exchange them for scripture promises about God's peace and provision.
6. "Peace Ripple Effect": Illustrate how inner peace affects others by having volunteers stand in concentric circles. The center person receives "peace" and passes it outward, showing how personal peace impacts families and communities.
7. "Identity in Christ Mirror": Create a special mirror display where people can see themselves with overlaid words reflecting their identity in Christ, contrasting with the negative messages often internalized from the world.

These applications aim to make the concepts of peace, identity in Christ, and conflict resolution more tangible and interactive for the congregation.